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MALE BODY IMAGE
ACROSS THE LIFE COURSE:
A MIXED METHODS STUDY

M S MALIK

PhD 2018

MALE BODY IMAGE ACROSS THE LIFE

COURSE: A MIXED METHODS STUDY

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ABSTRACT

Though research on male body image has advanced significantly since the 1980s (Grogan, 2016), most contemporary research on male body image has included younger male samples, with little attention paid to the body image of middle-aged and older-aged men (Drummond, 2003; Leichty, Ribeiro, Svienson and Dahlstrom, 2014; McCabe and Ricciardelli, 2004; Slevin and Linneman, 2010). Accordingly, it has been difficult for researchers to draw conclusions about how male body image develops beyond the young adult phase (McCabe and Ricciardelli, 2004). Given that body dissatisfaction has been linked with adverse psychological and behavioural consequences (Grogan, 2016), it is imperative that knowledge regarding male body image across the lifespan is sought, and that age-appropriate interventions are developed for boys and men across different ages (if required).

The overall aim of the current PhD was to gain insights into the way men think, feel and behave regarding their bodies at various points in their lives. To achieve this aim, the current study employed a range of data gathering methods, including in-depth interviews, online-questionnaires and focus groups. From an examination of the findings of the overall thesis, *body image unawareness in preadolescence, awareness in adolescence, body appreciation across the lifespan* and *body function across the lifespan* appeared to be the strongest themes across the different studies. Additionally, adolescence was established as the most vulnerable developmental stage for which a hypothetical positive body image promotion programme was also developed. A key strength of this PhD is that it generated important knowledge regarding the body image of middle-aged and older men, as

well as provided a lifespan perspective of men's body image which in the past has only extended as far as reporting the body image of young adult men.

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CHAPTER I

OVERVIEW OF THESIS

1.0 INTRODUCTION

How we think and feel about our bodies (i.e. body image) affects a sizeable proportion of the general population. These 'effects' have generally been regarded to be negative and lend themselves to the study of body dissatisfaction, that is, the negative evaluations one has of one's body size, shape, weight and muscularity, as well as the perceived differences between one's current body and one's social ideal (Grogan, 2016). Body dissatisfaction is believed to be widespread to the extent that feeling dissatisfied with the body is regarded as 'normal' rather than unusual, especially amongst females in Western societies (Tantleff-Dunn, Barnes, and Larose, 2011; Rodin, Silberstein, and Striegel-Moore, 1984).

Body image has generally been regarded as a feminine issue (Hargreaves and Tiggemann, 2006) and has garnered more attention than male body image. In fact, the construct of male body image and body dissatisfaction was largely ignored within the psychology literature until the 1980s (Grogan, 2016). Since then, psychologists and sociologists have shown increased interest in studying the phenomenon (Gough and Robertson, 2009; McCreary, 2012; Ricciardelli, McCabe, Williams and Thompson, 2007; Holliday and Cairnie, 2007; Monaghan, 2008). The growing visibility of the male body within popular culture has been held liable for this shift within body image research, and generated interest among social scientists to study the consequences of these prescribed social ideals on men's body image (Grogan, 2016).

My own interest in researching male body image however is informed by something more personal, that is, my personal struggles with body image during my early twenties. By the age of 21, I had reached the final year of my undergraduate degree and had put on a considerable amount of weight compared to when I first began my bachelor degree in 2008. These bodily changes attracted negative feedback from people that I knew, and led to feelings of shame and body dissatisfaction. These feelings prompted me towards adopting certain practices, including experimenting with fad diets and exercising excessively, both of which had deleterious effects on my body.

During my final year, I was expected to write an extended piece of research on a topic that interested me. Given the significance of body image to me during this time, I considered men's body image to be a suitable topic to explore in my undergraduate dissertation. Prior to examining the literature on men's body image, the perceptions I had of my body were rather negative, and my attempts to modify my body were more frequent than after completing my undergraduate research. Reviewing the extent literature on men's body served as a self-provided psychoeducation for me, where I got to learn both about some of the potential negative consequences of having a poor body image as well as learn about some of the possible positive outcomes of accepting and respecting my body.

I undertook my next research endeavour regarding men's body image during my postgraduate degree (MRes in Research Methods for the Social Sciences) in 2012. This degree helped me understand the different ways in which I could study men's body image, including a recognition of different philosophical positions which could underpin body image research, along with the different methods (qualitative and quantitative) which could be employed to reach conclusions about men's body image. Through this degree, I understood the strengths and limitations of both qualitative and quantitative research methods and developed an argument based on the importance of using both approaches in men's body image research for my Masters dissertation. While both my Bachelors and Masters degrees helped significantly expand my stock of knowledge on men's body image and the way in which we can study men's body image, I was not able to carry out any meaningful fieldwork, thus leading me on to doing this PhD.

Based on extent literature on male body image, male body dissatisfaction has tripled across the last four decades (Grogan, 2016). This is unsurprising given that male social ideals have also evolved across this time. For example, Leit, Pope and Gray (2001) examined covers of playgirl magazines between 1973 and 1997 and reported that male models on the covers had become increasing muscular across this space of time. Similarly, Pope, Olivardia, Gruber and Borowiecki (1999) drew comparisons between old and new versions of popular action figure toys and found that the action figures grew more muscular over 30 years, and this trend has continued into the 21st century (Grogan, 2016). This research helps to explain

changing pressures associated with men's body image towards the end of the last century, not just across different age-groups, but relevant to one age-group across different times. Men's bodies may also be affected by biological changes across the age-spectrum, which may bring them closer or take them further away from the male social ideal. Some of these changes may possibly put men at a risk of developing body dissatisfaction as well as impact their sense of manhood (Drummond, 2003). Understanding male body dissatisfaction across the lifespan could positively influence these areas by informing the development of age-appropriate interventions for men across different ages.

This leads us to the key research question for this research:

- What thoughts, perceptions and feelings do men have about their bodies at different time points?

1.1 RESEARCH AIMS

1.1.1 Overall Research Aim

- To gain insights into the way men think, feel and behave regarding their bodies at various points in their lives.

1.1.2. Subsidiary Aims

- Study 1 aimed to explore men's thoughts, feelings and perceptions regarding their previous and current body image.
- Study 2 aimed to examine quantitatively the relative importance of the factors raised by participants in Study 1.
- Study 3 aimed to investigate the views of men from a range of age-groups in respect to the qualitative and quantitative models produced in Studies 1 and 2, as well as discuss how positive body image could be promoted in boys and men.

1.3 DEFINITION OF TERMS

Given the frequency of their usage throughout this thesis, the following terms were selected to be defined for clarity of understanding.

Body Image: This is defined here as “a person’s perceptions, thoughts, and feelings about his or her body” (Grogan, 2016).

Body Dissatisfaction: is defined as the negative and dysfunctional feelings one develops in response to his or her body, as well as the perceived discrepancies between social and actual ideals (Grogan, 2016).

Body Appreciation/Positive Body Image: the thoughts and behaviours that reflect a love, acceptance and appreciation for the body (Tylka, (2011).

Body Function: defined as the dimension of body image which focuses on the health, fitness and physical strength of an individual (Allewa, Martijn, Jansen and Nederkoorn, 2014).

Body Mass Index: weight in kilograms divided by squared height in metres (Grogan, 2016)

Hegemonic Masculinity: “most honoured way of being a man” (Connell, 2005).

Belongingness: an essential human psychological need, in which people are determined to form and sustain long-lasting, positive, and important social relationships (Baumeister and Leary, 1995).

1.3 OVERVIEW OF THESIS

Chapter 2 helps put into perspective the question of how men's body image develops across the lifespan. It does this by systematically reviewing the extant literature on male body image through the lifespan. The key stages of development covered within this review are preschool years, preadolescence, adolescence, young adulthood, midlife, and later-life. The main sources of influence over men's body image at different time points are discussed with supporting evidence. Additionally, gaps within the literature are identified and a rationale for the PhD is presented in the concluding phase of this chapter.

Chapter 3 discusses how the aims and research questions of the current PhD were addressed methodologically. This chapter begins by speaking about the philosophical foundations underpinning the current research. The philosophical position taken by the principal investigator was pragmatism (Cresswell and Plano, 2011), so methods were chosen so as to align with the research questions for each chapter, leading to a mixed methods design across the thesis as a whole. This chapter moves on to discussing the three key stages of the research, with a detailed description and justification of the methods used to collect and analyse the data. Regarding Study 1, the use of semi-structured (retrospective) interviews using photo-elicitation techniques, and inductive thematic analysis are discussed. Online questionnaires are subsequently discussed when covering details of Study 2. Focus groups and deductive thematic analysis were employed to address the aims of Study 3 and are discussed in the final segment of this chapter. Potential ethical issues

related to body image research, such as sensitivity of the topic are also considered within this chapter.

Chapter 4 presents Study 1, which aimed to gain insights into the way men think, feel and behave regarding their bodies at various points in their lives. To achieve this aim, 14 semi-structured (retrospective) interviews were conducted. A total of 14 men ranging from 45 to 67 were recruited from various parts of England. Participants belonged to a wide range of different social, economic and ethnic backgrounds. Participants were requested to bring in to the interview photographs of themselves at different ages, which aided respondents' memories and helped them elicit more detailed information with respect to their previous body image(s). Considering that Study 1 aimed to generate new ideas about the development of men's body image across the lifespan, an inductive thematic analysis was used to analyse data from Study 1.

Chapter 5 presents Study 2 which aimed to examine quantitatively the relative importance of the factors raised by participants in Study 1. Based on the findings from Study 1, three hypotheses were generated. To test these hypotheses, a larger-scale online questionnaire study was designed. A total of 57 male participants, ranging from 18 to 60 years of age responded to a battery of online questionnaires (on Qualtrics) including measures of body image, body appreciation, belongingness and body function. Results were subjected to statistical analyses to assess the relationships between all the variables of interest, to consider how much variance in men's body image was explained by the predictor variables (i.e. body

appreciation, general belongingness and body functionality), and to compare younger and older men on key variables.

Chapter 6 presents Study 3, which aimed to investigate the views of men from a range of age-groups in respect to the qualitative and quantitative models produced in Studies 1 and 2, as well as discuss how positive body image could be promoted in boys and men. Nine men, aged between 18 and 75 took part in three separate focus groups. A large proportion of this chapter is dedicated to looking at existing intervention work done by other researchers and using this, along with findings from Study 3 and participant feedback, to develop possible template/s to promote positive body image in men. Considering that this study aimed to investigate support for the specific findings of Studies 1 and 2, a deductive thematic analysis was used to find specific themes within the data set.

Chapter 7 provides an overview of all the findings from Studies 1, 2 and 3 and examines to the relationships between extant literature and the findings from across all three studies. This chapter also presents commonalities and differences across the different studies and identifies dominant themes coming out of the current research. Limitations and strengths of the work covered in this thesis are considered.

CHAPTER II

LITERATURE REVIEW

The construct of body image has been described as the thoughts, perceptions and feelings one holds of his or her body (Grogan, 2016). While this domain of research has largely focused on female body image, research on male body image has increased substantially since the late 1980s, targeting boys and men of various age groups. These groups include preschool boys (McCabe, Mellor and Mealey, 2016; Tatangelo and Ricciardelli, 2017), preadolescent boys (Tatangelo, Connaughton, McCabe and Mellor, 2017; Wright, Halse, and Levy, 2016) adolescent boys (Kenny, O'Malley-Keighran, Molcho and Kelly, 2017; Walter and Shenaar-Golan, 2017), college-aged men (Franko, Fuller-Tyszkiewicz, Rodgers, Gattario, Frisen, Diedrichs, Ricciardelli, Yager, Smolak, Thompson-Brenner and Shingleton, 2015), middle-aged men (Mellor, Connaughton, McCabe and Tatangelo, 2017) and men in later life (Drummond, 2003; Gough, Seymour-Smith and Matthews, 2016; Leichty, Ribeiro, Sveinson and Dahlstrom, 2014; Reddy, 2013; Slevin and Linemann, 2010). Research studies conducted with men of various age-groups has come to demonstrate unique perspectives men have of their bodies at different time points, as well as revealing factors which are most influential to men of different ages.

This chapter will review the different literature on male body image, focussing on how male body image develops through the lifespan and where the gaps lie within the literature. The age-group of boys and men across this review were defined through an observation of how other researchers have defined their different male

samples. For instance, McCabe, Mellor and Mealey (2016) delivered an educational programme to parents of 'preschool-aged boys' who were 3 to 6 years of age. Similarly, other researchers investigating preschool boys' body image have included a similar age-group of boys (Birbeck and Drummond, 2006; Hendy, Gustitus and Leitzel-Schwalm, 2001). Most researchers examining the body image of preadolescent boys have generally recruited boys with a start age of eight years and end age of 10 (McCabe *et al.*, 2017; Phares, Steinberg, and Thompson, 2004; Tatangelo and Ricciardelli, 2013), although some studies have reported using preadolescent boys who range between 7 and 11 years of age (Tatangelo and Ricciardelli, 2017). Research including adolescent boys have generally recruited boys who are aged between 13 and 16, or 17 years (Jones and Crawford, 2005). The age of young adult-men (or college-aged men) has generally been 18 years to late 20s (see Parent and Moradi, 2011), middle-years 30 to 50 (McGuinness and Taylor, 2016), and older men 60 and over (Drummond, 2002; Leichty *et al.*, 2014). Based on these considerations, the six developmental stages were defined as follows: preschool years (3-6 years); preadolescence (7-12 years), adolescence (13-17 years), young adulthood, (18-29 years), middle-years as (30-59), and later-years (60 years and over).

2.1 Preschool boys' body image (ages 3-6 years)

According to extant literature, boys begin to develop an understanding about how their bodies should appear as early as in their preschool years (McCabe, Ricciardelli, Stanford, Holt, Keegan and Miller, 2007; Rodgers, Wertheim, Damiano, Gregg, and

Paxton, 2015), and may develop negative attitudes towards certain body types as early as the age of three (Spiel, Paxton, and Yager, 2012).

Research suggests that families, especially parents, are the main source of influence over the development of preschool boy's body image. This is unsurprising given that parents are the child's primary socialisation agent (McCabe, Mellor and Mealey, 2016). According to McCabe and colleagues (2016), parents impart gendered ideas to children about how their bodies should appear. For boys, these messages have generally emphasised the need for them to be 'big and strong' (McCabe, et al, 2007). The two primary ways in which parents have been known to influence preschool boys' body image is through communicating weight-related feedback to them (otherwise known as parental commentary), and by placing their own dysfunctional body-related attitudes and behaviours on display, which are often internalised and reproduced by children (a process known by the name of parental modelling; Phares, Steinberg and Thompson, 2004). Consequentially, educational programmes have been designed for parents to prevent them from conveying such messages to preschool boys, and to promote a healthier body image both for their children and themselves (McCabe, Mellor and Mealey, 2016).

Mothers have particularly been found to be influential over the development of preschool boy's body image. For example, Hendy *et al*, (2001) found that maternal messages communicated to preschool boys 'to be bigger' appeared to be the strongest determining factor of preschool boys' body image. In terms of parental modelling, Lowes and Tiggemann (2003) reported that boys in their study wanted a thinner body because they believed their mothers wanted a thinner body. Similarly,

in qualitative interviews, mothers who were found communicating weight concerns to their sons, also reported personal dissatisfaction with their own bodies and discussed dieting behaviours to lose weight (McCabe *et al*, 2007). While the role of fathers in the development of preschool boys' body image is less understood (Tatangelo, McCabe, Mellor and Mealey, 2016), a recent study by Spiel, Rodgers, Paxton, Wertheim, Damiano, Gregg and Lean, (2016), found that fathers' negative attitudes towards obese persons predicted weight-stigma and understanding of weight-loss strategies in three-year-old boys. Additionally, lower paternal body mass index was associated with preschool boys attaching more positive connotations to thinner figures.

One of the primary ways researchers have assessed preschool boy's body image has been through using figure-rating scales (see Ambrosio-Randic, 2000; Ambrosio and Tokuda, 2004; Hendy, Gustitus, and Leitzel-Schwalm, 2001; Lowes and Tiggemann, 2003; Musher-Eizenman, Holub, Leeper, Persson and Goldstein, 2003; Pallan, Hiam, Duda and Adab, 2011; Tremblay, Lovsin, Zecevic and Lariviere, 2011; Wong, Chang and Lin, 2013). A figure-rating scale is a self-report body image instrument (Stunkard, Sorenson, and Schulsinger, 1983), which has frequently been used to assess body dissatisfaction in both adults and children (Mulasi-P and Smith, 2010). The standard procedure behind the use of figure-rating scales is to present participants with an array of body figures, ranging from very thin to obese. Participants are then asked to select a figure which they feel closely resembles their perceived body size and one which represents their ideal body size. Discrepancies between current and desired size representations are then used to ascertain the

degree to which individuals are dissatisfied with their bodies (Fallon and Rozin, 1985; Thompson and Gray, 1995).

For preschool boys, researchers have tended to use Collins' Figure Drawings (Collins, 1991), that is, an adapted children's version of the adult figure rating scale, which includes seven, gender and age appropriate, very thin to obese silhouettes of the body. Findings from these studies have demonstrated preschool boys to be evenly split between wanting thinner and larger bodies. For example, 44% of five to six-year-old Croatian boys in Ambrosio-Randic's (2000) study reported preferences for thinner bodies, while 32% of boys preferred to be heavier. Similarly, in a subsequent study with four and five-year-old Croatian and Japanese boys, Ambrosio and Tokuda (2004) found 36% of the male sample wanting to lose weight, while 27% of the boys desiring bigger bodies. However, these findings with preschool children have cast doubts. Dunphy-Lelii, Hooley, McGivern, Guha and Skowleris (2014) argue that measuring body dissatisfaction using figural instruments in preschool children can be challenging due to the inability of pre-schoolers' to accurately construe their body size and compare themselves to 'hypothetical' figures. Figure rating scales have generally been considered problematic for use with boys as they normally do not give boys the opportunity to indicate if they want to be more muscular (Grogan, 2016), an ideal considered more appropriate for boys and men (Franco et al., 2015) than for girls and women who desire more thinner body types (Tiggemann, 2006). Although scales such as 'the Perceived Somatotype Scale' and the 'Somatomorphic matrix' (Cafri and Thompson, 2004) have included muscular silhouettes within their pictorial instruments, these scales have not been used in published studies with preschool children.

While it is less clear how preschool boys may respond to a negative body image in a behavioural sense, research has revealed that negative body image attitudes developed during childhood years may contribute to body image problems in subsequent stages of development (see Liang, Jackson and McKenzie, 2011).

One clear problem with body image research on preschool boys is the lack of knowledge about how fathers may influence the body image of preschool boys. Given that the attitudes of same-gender parents have been proposed to have a stronger influence over children than the attitude of opposite-parents (Spiel *et al.*, 2012), it is important that the effect of paternal influence on preschool boys is investigated. Fathers have also been found to participate less in educational programmes designed to help promote preschool boys' body image than mothers, and therefore we know less about the sort of impact they may have on preschool boys' body image or behaviours (McCabe, Mellor and Mealey, 2016). Given the benefits of taking part in educational programmes like that designed and implemented by McCabe and colleagues (2016), fathers, like mothers, may feel empowered by learning about issues relating to body image and in turn may begin to feel more confident about their own bodies (McCabe *et al.*, 2016).

Additionally, given the doubts researchers have expressed in the findings directly obtained from preschool boys (considering the perceived cognitive limitations of preschool children), more studies in the future should study preschool boy's body image using the observations of persons like primary caregivers and teachers (as well as directly obtaining data from preschool boys) to achieve more accurate understandings of how preschool boys may feel about their body image (see

Hendy *et al.*, 2001; Lowes and Tiggemann, 2003). Furthermore, 'men as adults' may be able to provide more valuable insights upon 'reflecting' on their body image as preschool boys, given their enhanced cognitive abilities at later developmental stages.

Given that preschool has been considered an important phase regarding instilling positive body image messages in children (Brausch and Gutierrez, 2009; Bun, Schwiebbe, Schutz and Bijlsma-Schlosser and Hira Sing, 2012) efforts to educate parents and teachers about preschool boy's body image must continue, especially as existing body image intervention programmes with parents of preschool boys have found to be successful (McCabe *et al.*, 2016). Additionally, parents and teachers may make for more suitable recipients of such interventions, as giving preschool boy's body image interventions may instigate body concerns which may not even be present.

2.2 Preadolescent boys' body Image (ages 7-12 years)

The next developmental stage, preadolescence, has been regarded as an important point in the development of body image concerns (Frisen, Lunde, and Berg, 2015). Certainly, research on preadolescent boys has demonstrated that boys in this age-group feel dissatisfied with their bodies, as well as participate in body-changing methods to attain thinner and muscular physiques (Tatangelo, Connaughton, McCabe and Mellor, 2017). For example, 50% of preadolescent boys in a mixed-gender study between the ages of eight and 11 years reported wanting thinner bodies (Dunn, Lewis, and Patrick, 2010; Truby and Paxton, 2008). In a separate study

by Ricciardelli, McCabe, Lillis and Thomas (2006) boys aged eight to 11 reported regular participation in body-change strategies.

For preadolescent boys, body functionality and body appearance have been regarded as two concepts which are inextricably linked and that form the overall body image of preadolescent boys'. For example, Tatangelo and Ricciardelli (2013) found that eight to ten-year-old boys linked physically tough and agile bodies to good sporting ability, characteristics which have been considered important in establishing a hegemonic masculine identity (Connell, 2005; Murnen and Don, 2012). Sport itself has been established as a masculinised domain wherein boys are able to develop and present their masculine identities (Messner, 1992; Drummond, 1996) and has been found to have positive effect on young boys' self-esteem (Smolak and Thompson, 2009). The centrality of sports and physical ability during male preadolescence has also been identified in the sort of social comparisons made by boys during this time. For example, Tatangelo and Ricciardelli (2017) found Australian boys aged between seven and 11 to make more sports and ability-related social comparisons with peers as opposed to appearance-related social comparisons. Additionally, research studies have found that when asked about their body image, boys avoid discussing body aesthetics and lean more towards discussing sports-related content (Tatangelo and Ricciardelli, 2013). In fact, discussing sports has been identified as creating a nonthreatening environment in which boys are able to discuss their body image (Ricciardelli, McCabe, and Ridge, 2006). Part of the reason why men may not wish to discuss their body concerns may be due to the mistaken belief that body image is solely a female problem (Gough, 2007; Hargreaves and Tiggemann, 2007). However preadolescent boys do appear to acknowledge the significance of

both the functional and aesthetic aspects of the male body in the construction of their masculinity identity (Drummond, 2010), and are reminded of these aspects through sociocultural exchanges.

Sociocultural factors (including family, peer and media influences) have been identified as key predictors of preadolescent boys' body image, and have also become targeted areas for intervention (McCabe, Connaughton, Tatangelo, Mellow and Busija, 2017). Regarding family influences, maternal influence has found to extend into preadolescence phase for boys. For example, in a longitudinal study, McCabe and Ricciardelli (2005) found that young boys (mean age = 9.26 years) experienced weight dissatisfaction eight months after identifying pressure from mothers to increase their muscularity, and reported muscle dissatisfaction 16 months after. Like pre-school boys, paternal contribution has not been studied as extensively or been found to be as influential as maternal influence in explaining preadolescent boys' body image. However, Michael and colleagues (2014) recently reported the effects of paternal influence on fifth-grade boys' body image, in which father nurturance was negatively correlated with body image discrepancy, i.e. the difference between self-perceived size and ideal size. This demonstrates that positive support from fathers may serve as a protective factor for preadolescent boys against developing body image discrepancies during this time, though more work is needed to explore paternal influence over the body image of preadolescent boys.

Peer group socialisation has been regarded as one of the primary factors in reinforcing ideas of masculinity and body-appropriateness to preadolescent boys. For example, Tatangelo and Ricciardelli (2013) revealed that peer acceptance and peer-popularity during preadolescence was contingent on being good at playing

sports or being muscular. Similarly, Tatangelo and Ricciardelli (2017) found a significant association between peer pressure and body-change strategies in preadolescent boys who were invested in the physical aspects of masculine gender norms. A failure to comply with gender-norms has resulted in negative peer experiences among preadolescent boys. For example, Frisen, Lunde, and Hwang (2009) found that 10-year-old boys were repeatedly teased for being overweight by their peers. Similarly, in a study by Phares, Steinberg and Thompson, (2004) teasing by peers was found to predict body dissatisfaction in eight to 11-year-old boys, as well as predict both body dissatisfaction and low body-esteem in a sample of ten-year-old boys in Lunde, Frisen and Hwang (2006).

Another important factor in the body image of preadolescent boys is media influence. Internalisation of appearance-ideals has been found to impact the body-esteem and muscle-building behaviours of some preadolescent boys (Cusumono and Thompson, 2001; Smolak, Levine and Thompson, 2001). However, research in general suggests that boys appear to be less susceptible than girls to internalising appearance ideals (Masheb and Grilo, 2001; Petrie, Greenleaf and Martin, 2010). For example, Murnen, Smolak, Mills and Good (2003) found that although six to 12-year-old boys were aware of the muscular ideal as much as girls were aware of the thin and sexy ideal, this awareness did not foster any body image concerns in boys like it did in young girls. One of the reasons for the discrepancy between male and female internalisation of ideals could be that there is a greater range of body shapes and sizes which are considered acceptable for males than there are for females (Andersen and DiDomenico, 1992). Furthermore, it could be that researchers are not examining the effects of the most relevant types of media in studies on preadolescent boys'

body image. For example, the content of gaming magazines (Harrison and Bond, 2007), which often include exaggeratedly muscular video game characters (Scharrer, 2004) has shown to affect preadolescent boys' body image. For example, Harrison and Bond (2007) found that exposure to video game magazines contributed to an elevated drive for muscularity in White, eight to ten-year-old boys. These gaming characters have been considered as the virtual equivalent of action figures and these figures appear to have cumulative effects on the readers of such magazines (Harrison and Bond, 2007). One of the reasons why gaming magazines may be particularly influential over preadolescent boys' body image is because boys of this age group have been regarded avid consumers of video games. Further research is needed to understand more fully the impact of various media on boys' body image.

Differences in body mass index (BMI) have also been used to explain preadolescent boys' body image. For example, greater levels of body dissatisfaction were identified among preadolescent boys who classified as overweight or underweight, compared to normal-weight boys (McCabe and Ricciardelli, 2005). Also, Ricciardelli, McCabe, Holt and Finemore (2003) found that low body mass index predicted the importance of muscles in eight to 11-year-old boys. Similarly, lower BMI was associated with muscle-dissatisfaction in eight to 12-year-old boys in McCabe and Ricciardelli, (2005). In general, boys with a low BMI have been found wanting to increase their muscularity whereas boys with a high BMI have been found wanting to lose weight (Smolak and Thompson, 2009). Though body mass index is a 'biological' phenomenon, it is important to understand that it by itself does not determine body image. Rather, positive and negative social connotations attached to certain BMI account for the way people might perceive themselves and others.

Despite expanding our understandings of preadolescent boys' body images, most of these studies have been conducted using American (Cusumano and Thompson, 2001; Harrison and Bond, 2007; Masheb and Grilo, 2001; Murnen *et al.*, 2003; Petrie *et al.*, 2010; Phares *et al.*, 2004; Shannon *et al.*, 2014; Smolak *et al.*, 2001; Smolak and Thompson, 2009), Australian (Dunn *et al.*, 2010; Drummond, 1996; Drummond, 2006; McCabe and Ricciardelli, 2005; McCabe *et al.*, 2017; Ricciardelli *et al.*, 2003; Tatangelo and Ricciardelli, 2013; Tatangelo *et al.*, 2017; Truby and Paxton, 2008), and Swedish (Frisen *et al.*, 2009; Frisen *et al.*, 2015; Lunde *et al.*, 2006) samples of preadolescent boys. Very few studies have been conducted using British samples of preadolescent boys (Bird, Halliwell, Diedrichs and Harcourt, 2013). This can be problematic as the British culture can be argued to be different to that of American and Australian cultures despite all three sharing Western values.

The prevalence of non-British samples in male body image research may call into question the applicability of the results onto the body image experiences of British preadolescent boys. Thus, there is a need for body image research which includes samples of British preadolescent boys to see whether their experiences align with the experiences of the non-British samples.

Also, all studies in this section except for one (Tatangelo and Ricciardelli, 2013), have used a quantitative approach to investigating preadolescent boys' body image. This can be interpreted as a limitation as these studies do not explain why preadolescent boys have responded in the ways that they have across these quantitative studies. Even with the qualitative study, Tatangelo and colleagues, (2013) reflected how using a focus group approach may have led preadolescent boys in their study to be influenced by each other, particularly as the boys' belonged to

the same school, possibly the same year, and were familiar with each other. To help address the issues above, it is necessary that future researchers interested in researching preadolescent boys' body image adopt more (appropriate) qualitative strategies, e.g. individual interviews, to allow preadolescent boys to provide more honest insights into their body image, without any fears of being judged by their peers. Additionally, given the large number of quantitative studies conducted on preadolescent boys' body image, it is important that these are followed by qualitative studies that further explore significant findings from these quantitative investigations as well as examine underlying reasons for why preadolescent boys responded the way that they have in these studies.

2.3 Adolescent boys' body image (ages 13-17 years)

Adolescence is an important time for boys in which they undergo many changes, including psychosocial, cognitive and more noticeably physical changes (Walter and Shenaar-Golan, 2017). Physical changes during adolescence are often considered more substantial than changes experienced at any other time point (Markey, 2010) excluding infancy. Girls' changing bodies have been perceived to take them away from the female social ideal (McCabe and Ricciardelli, 2006). For boys, the experiences of these changes can be a positive time for early maturing boys, as it is considered to bring them closer to the social male ideal (Ricciardelli and Yager, 2016). However, delayed puberty in adolescent boys may foster feelings of body dissatisfaction (Ricciardelli and McCabe, 2009) given the discrepancies between boys' current body and the social ideal.

The claims noted above have been validated through research. For example, Klump (2013) found that the early maturation of the male body was associated with reductions in body dissatisfaction or weight and shape concerns among adolescent boys. Simultaneously, early maturing boys from the U.S. and Norway appeared to hold more favourable opinions of their bodies compared to late maturing boys (Alaskar, 1992; Siegel et al., 2013). Furthermore, Abbott and Barber (2010) revealed that boys who experienced puberty at the same time or earlier than their peers displayed greater functional and aesthetic satisfaction. Generally, early maturing boys have been perceived to be more good-looking, poised, and popular amongst peers than late-maturing boys (Freedman, 1990). Delayed puberty has been equated with low social competence, poor relations with parents and peers, greater propensities to internalise body-related messages, and poor academic performance in boys, as well as greater body dissatisfaction (Ricciardelli and McCabe, 2004).

To accelerate the process of physical development, adolescent boys have been found engaging in a range of health-risk behaviours (Ricciardelli, McCabe, Lillis, and Thomas, 2006). Considering that the male social ideal is characterised by high levels of muscularity (Mishkind, Rodin, Silberstein, and Stiegel-Moore, 1986; Pope, Phillips and Olivardia, 2000), most of the body-change strategies boys engage in have been targeted towards increasing their weight and muscle-mass (Ricciardelli and Yager, 2016). To achieve more rapid results, boys have been found consuming appearance and performance-enhancing drugs (APEDs; Hidebrandt, Harty and Langenbucher, 2012). The use of APEDs such as protein powders, protein bars, creatine, ephedrine, adrenal hormones, sport drinks, vitamins or minerals, energy drinks (Yager and

O'Dea, 2014) and anabolic-androgenic steroids (AAS; Parent and Bradstreet, 2017) have been associated with adolescent boys' body-modifying behaviours (Ricciardelli and Williams, 2016). Steroid-use has been reported in samples of Australian and American adolescent boys, and Dunn and White, (2011) reported that the lifetime use of steroids among high-school boys in Australia was 2.4%, and as high as 5.9% in samples of American adolescent boys, with 0.8% of these adolescents reporting consuming steroids on a regular basis (Eisenberg, Wall and Neumark-Sztainer, 2012).

Given that individuals are reported to spend less time with their families and more time with their peers during the adolescent years (Brown, 2004; Larson and Verma, 1999), peer influence has been viewed as the strongest source of influence over adolescent boys' body image (Jones and Crawford, 2004; Quiles Marcos, Quiles Sebastian, Pamies Aubalat, Botella Ausina, and Treasure, 2013). One of the ways in which peers may exert influence over adolescent boys' body image is through engaging in appearance-related conversations with them (Clark and Tiggemann, 2006; Jones, 2004). Based on the findings from Jones (2004), adolescent boys who frequently engaged in appearance-related conversations displayed greater levels of body dissatisfaction than boys who took part in fewer appearance-related conversations. However, the sort of appearance-related conversations which take place between young males are different to those which occur amongst young females. For example, adolescent girls' discussions tend to be more appearance-oriented (Jones and Crawford, 2004), whereas the primary focus of adolescent boys' appearance-conversations has been around muscle-building (Jones and Crawford, 2006). Adolescent boys' inclinations towards discussing muscle-enhancement has

been explained by its gender-appropriateness and its connection to the masculine appearance ideal (Jones and Crawford, 2006). Also, as male friendships have been identified as more activity-oriented, muscle-building has been suggested as a venture which boys can take up jointly (Jones and Crawford, 2006).

Despite adolescence being considered a significant time for boys regarding their body image, only two intervention programs were identified which have exclusively been designed and implemented with adolescent boys (McCabe, Ricciardelli, and Karantzas, 2010; Stanford and McCabe, 2005), and two where adolescent boys were included in intervention programmes alongside adolescent girls (O'Dea and Abraham, 2000; Wade, Davidson and O'Dea, 2003). Additionally, only one of the two prevention programmes exclusively designed for boys proved to be successful (Stanford and McCabe, 2005), while no improvements were found in adolescent boys' body image post-intervention in McCabe and colleagues (2010). This demonstrates the need for more intervention programmes before it can be identified what works and what does not work in helping promote positive body image in adolescent boys.

2.4 Young adult men's body image (ages 18-29 years)

While existing research suggests that younger boys are vulnerable to feeling dissatisfied with their bodies (Bucchianeri, Arikian, Hannan, Eisenberg and Neumark-Sztainer, 2013; Frisen, Lunde and Berg, 2015), body dissatisfaction has been found to extend through to young adulthood (McPherson, 2012). In fact, body dissatisfaction has been distinguished as a problem affecting a sizeable proportion of men in their twenties (McArdle and Hill, 2009; McCabe and Ricciardelli, 2004). Body

dissatisfaction has been associated to a range of negative psychological outcomes in young adult men (Blashill, 2009) including depression and poor self-esteem (Bergaron and Tylka, 2007). Body dissatisfaction is understandable among young adult males, considering that the cultural ideal for men has become increasingly muscular and leaner and difficult to obtain over time (Diedrichs and Lee, 2010; Law and Labre, 2002; Leit *et al.*, 2001; Pope *et al.*, 1999). Biological changes in young adulthood may further exacerbate men's feelings towards their bodies. As in the earlier stages of development, young adulthood has also been associated with unique biological changes. For example, young adults may experience a reduction in their basal metabolic rate, which may result in a loss of lean mass (Paulev, 2004) and potentially result in weight gain, taking men further away from the male social ideal.

To try to reduce body dissatisfaction, young adult men, or 'college-aged' men as they are frequently referred to within literature, have been found engaging in a range of appearance-fixing behaviours (Walker and Murray, 2012). Given that the male ideal is generally understood by men as being a 'muscular mesomorph shape' as opposed to a thin (ectomorph) or fat (endomorph) body type (Franco *et al.*, 2015), men generally engage in body modifying practices which help take them closer to this ideal. Exercise has commonly been used by young men to modify their bodies (Grogan, 2016), compared to dieting, which has generally been considered more appropriate for women (Gough, 2007; Gough, Hall and Seymour-Smith, 2014). Though men do not generally report to exercise for aesthetic purposes (Grogan, Conner and Smithson, 2006), a vast number of men have been found to exercise to improve their bodies appearance (Grogan, 2016). For example, 44.6% of young Australian men between the ages of 18 and 25 years reported that their motivations

to exercise were to improve their body image (Ashton, Hutcherson, Rollo, Morgan and Collins, 2017). Similarly, Kyrejto, Mosewich, Kowalski, Mack and Crocker (2008) reported that 74.6% of 20-year-old males from a mid-western university in Canada exercised to enhance their appearance, as did the British sample of men in Donaldson (1996). In terms of dieting, men may prefer to reduce fat in their diets instead of restricting their calorie intake so that they can achieve more slender body types (Leith, 2006; McCreary and Sasse, 2002). Another method which young men have adopted to enhance their muscularity is through using anabolic-androgenic steroids (AAS; Parent and Moradi, 2011). The anabolic element of AAS has known to facilitate in the muscle-building aspect of appearance, while the androgenic component has known to contribute to the masculinizing features. While AAS users have usually claimed to take AAS for purposes of improving their performance, it has been argued that AAS is mostly been used to enhance appearance and increase confidence (Wright, Grogan and Hunter, 2001). Although young men have been found deemphasizing the negative effects of steroids (Grogan, Shepherd, Evans, Wright and Hunter, 2006), the use of steroids have been linked with kidney and liver damage, hypertension, along with placing individuals at a risk of becoming infected with HIV or hepatitis for those who inject steroids (Institute for the Study of Drug Dependence, 1993; Rich, Foisie, Towe, Dickenson, Mckenzie and Salas, 1999).

In terms of influencing factors, sociocultural explanations have been put forward to explain body image in young men, and media have been found to influence the body image of young men (Bartlett, Vowels and Saucier, 2008). Young adult men in general may be more susceptible to media images than men from other age-groups, given that the media contain more relevant comparison targets than any

other age group (Festinger, 1954; Mulgrew and Cragg, 2017; Peat, Peyerl, Ferraro and Butler, 2011).

Media exposure to muscular images has been linked to disturbances in young men's mood and body image (Bartlett *et al*, 2007; Blond, 2008). For example, self-rated body satisfaction scores appeared to decrease in a sample of US college men after viewing images of muscular models (Lorenzen, Grieve and Thomas, 2004). Similarly, American male undergraduates in Leit, Gray and Pope (2002) reported that men who viewed photographs of muscular men in popular magazines reported greater body dissatisfaction than men in the control groups that viewed advertisements containing neutral content. In a more recent study, university students who were exposed to five-minute clips containing images of muscular and attractive singers in Mulgrew and Volcevski-Kostas (2012) study were found to become angry and reported declines in their levels of body satisfaction compared to the control group upon completing the experiment.

In terms of parental influence, this has been reported to become less influential during men's young adulthood. For example, Schwartz, Phares, Tantleff-Dunn and Thompson (1999) found no association between parental feedback and body dissatisfaction in college-men. One of the reasons ascribed was that young men may not receive as negative feedback from their parents as their female counterparts do.

There is some evidence that feedback from romantic partners may also impact young men's body image. For example, in a study with American men in their mid-20s, Goins, Markey and Gillen (2012) found that men's body satisfaction was

contingent on their perceptions of their partners satisfaction with their bodies. Similarly, in another sample of American men, this time representing the sexual minority, partners amongst other sociocultural influences were reported to be an important factor in determining how men felt about their body image (Bozard Jr and Young, 2016).

Despite being described as one of the more vulnerable age-groups, in terms of developing body dissatisfaction, there is evidence of only a few intervention programs which have been designed and delivered to young adult men to improve their body image (Brown, Forney, Pinner and Keel, 2017; Henderson, 2012; Jankowski *et al.*, 2017). Outcomes from these prevention programmes demonstrate these programmes to have been successful in enhancing men's body image. Future researchers need to thus look at ways to improve young men's body image.

2.5 Middle-aged men's body image (ages 30-59 years)

Though middle-aged men are known to experience similar life events to middle-aged women, such as marriage, parenting and career development, research examining the body image of middle-aged men is scarce (McGuinness and Taylor, 2016). Very little is known about what influences or predicts middle-aged men's body image, or what sort of effects the above life events may have on middle-aged men's bodies (McCabe and Ricciardelli, 2004; Robinson and Wright, 2013). Middle-aged women were found to be more dissatisfied with their bodies in a recent study than middle-aged men (McGuinness *et al.*, 2016). Middle-aged men may also experience an upsurge in body dissatisfaction, body shame and disordered eating due to changes in body shape and body fat (Baker and Gringart, 2009; Boisvert and Harrell, 2012;

Keel *et al.*, 2007). For example, in Keel and colleagues (2007), 71% of middle-aged American men preferred slimmer physiques compared to 37% of men that were 20 years their juniors. Moreover, midlife men within this study reported greater dissatisfaction with their body weight and reported increases in dieting behaviours compared to younger men. Findings from Keel *et al.*, (2007) confirm earlier findings, wherein men in their 50's showed greater discrepancies between ideal and current size compared to men in their 20s (Lamb and Colleagues, 1990). Given that the process of aging could take one further away from the cultural standard of male beauty as lean and muscular, body dissatisfaction is understandable within middle-aged men (Keel et al, 2007). However, much more research is required to gain a clearer understanding of middle-aged men's body image.

As can be seen from the length of section 2.5, body image research on middle-aged men is insufficient (Kim and Kang, 2015) and makes it difficult to draw conclusions about body image of men within this age-category.

2.6 Older men's body image (60 and over)

Older age has been associated with substantial changes to body appearance and body functioning/health (Jankowski, Diedrichs, Williamson, Christopher, and Harcourt, 2016). Since masculinity in western society is defined both aesthetically through a muscular, athletic and youthful appearance, and functionally through hegemonic ideals of autonomy, sexual competence, and insusceptibility to pain, men may feel a sense of demasculinisation and foster feelings of body dissatisfaction as they enter old age (Drummond, 2003). Findings on older men's body image have however been inconsistent. For example, while some studies have found age to

predict body dissatisfaction in aging men (Kaminski and Hayslip, 2006; Jankowski, Diedrichs and Halliwell, 2014; Tiggemann, Martins and Kirkbride, 2007), other studies reveal that men generally become more accepting of their own as well as others' bodies as they age (Halliwell and Dittmar, 2003; Leichty, Ribeiro, Sveinson and Dahlstrom, 2014; Peat, Peyerl, Ferraro and Butler, 2011; Slevin and Linemann, 2010). The latter may also have something to do with the double-standard of aging (Chonody and Teater, 2016). The double standard of aging distinguishes between the bodily experiences of older men and women, and proposes that more positive connotations are attached to the aging male body than the female aging body. 'Wrinkling' and 'graying' has been associated with being 'wiser' and more distinguished for men, whereas labels such as 'sagging' have been used to describe the aging female women (Calasanti, 2005). Additionally, men tend to be judged less harshly if they put on weight as they age than women (Jeffreys, 2005). This can thus be considered a factor to protect men from developing body dissatisfaction in terms of their declining physical appearance, and explain why they may be more accepting of their bodies than women, who have been identified to experience higher levels of anxiety regarding the aging process (Hatch, 2005).

As identified earlier in the section with preadolescent boys, men's body image and their sense of masculinity has been linked with both the way their bodies appear as well as the way their bodies function. Unlike preadolescent boys, for example, who regard appearance and functioning equally important to their sense of masculine identification, older men appear to potentially renegotiate their relationship with their aging bodies by shifting the focus from the aesthetic aspects of their bodies to body function (Drummond, 2003). Furthermore, it appears that

older men emphasize the importance of a functioning body in their accounts. For example, men in the study by Leichty and colleagues (2014) defined an ideal body as one which could move and one which allowed men to engage in activities they wanted to take part in. Similarly, men in Drummond (2003) perceived the concept of movement as a positive one, equating it with good health.

Except for Jankowski and colleagues (2016) who also included older South Asian men in their study, all the older male samples used in studies mentioned above are predominantly White, making it difficult to generalise the findings to older men of other races (Ferraro, Muehlenkamp, Paintner, Wasson, Hager and Hoverson, 2008; Halliwell and Dittmar, 2003; Hurd-Clarke and Korotchenko, 2011; Kaminski and Hayslip, 2006; Leichty *et al.*, 2014; Peat *et al.*, 2011; Slevin and Linemann, 2010). Also, despite garnering scholarly attention from different parts of the world, such as the U.S. (Kaminski and Hayslip, 2006; Peat *et al.*, 2011; Reddy, 2013; Slevin and Linemann, 2010), Australia (Drummond, 2002; Tiggemann *et al.*, 2007), Canada (Leichty *et al.*, 2011), and the U.K. (Gough, 2016; Halliwell and Dittmar, 2003; Jankowski *et al.*, 2016), these studies have mostly included small sample-sizes due to being qualitative in nature, limiting generalisability to older men in the wider population. Despite qualitative research being considered a prerequisite for looking at the body image of aging men, given the shortage of research on this age-cohort (Bottamini and Ste-Marie, 2006; Leichty *et al.*, 2014; Slevin and Linemann, 2010), it is important that quantitative work builds on the findings from this qualitative research so that we can see how much of these findings extrapolate to older men within society at large. Additionally, researchers need to focus on developing, or using/adapting existing appropriate body image instrumentation to measure

relevant factors related to older men's body image, especially as variations have been found in men's body image across different age-groups (Peat *et al.*, 2011; Jankowski *et al.*, 2016).

2.7 Summary of existing research and unanswered questions

Within this chapter, research on men's body image was drawn from various developmental stages and integrated, to see how male body image develops over the lifespan. From reviewing the literature, males across most age-groups were found to be evenly split between wanting thinner and bigger bodies. However, given the perceived cognitive abilities of preschool boys, data coming from this age-group has created doubts amongst researchers. Parents, especially mothers have been regarded as the primary source of influence over preschool boy's body image, although less is known about the influence of fathers over preschool boys' body image.

For preadolescent boys, the way a body appears is closely linked with what a body can do physically. Physical activity (especially sport) has been identified as being especially important for preadolescent boys as it allows them to develop and portray their masculine identities. Sport has also been found to create a non-threatening environment for preadolescent boys in which they are able to speak more comfortably about their bodies. While maternal influence has been found to continue into preadolescence, peer influences are reported to be stronger than parental influence during this time for boys. Additionally, physical capabilities and appearance have been linked with peer acceptance and peer popularity in

preadolescent boys. Boys who fail to comply with either one of these two have been found to face negative peer experiences such as peer teasing.

Adolescence is a pivotal developmental stage for adolescent boys as they may experience bodily changes. This phase is generally reported as being a positive phase in male experience as it has the potential to draw boys closer to the cultural male ideal. However, delayed puberty in boys can cause tensions and compel boys to take on practices which may help accelerate the process of development although which have been linked with negative long-term outcomes.

Feelings of body dissatisfaction and efforts to enhance body appearance have been found to continue into young male adulthood. Given that the cultural ideal for men has been defined as a mesomorphic (muscular), rather than an ectomorphic (thin), or endomorphic (fat) body type, most young men have been found to engage in activities which help them get closer to the muscular ideal. Exercising and consuming appearance-enhancing drugs and supplements have thus been considered more appropriate (and gender-appropriate) than dieting, which is more of a common practice amongst women. The social ideal for males has however become more difficult to approximate with time, as evidenced in print media and through the creation of action figures. Young adult-men may be more susceptible to media images given that male beauty, and figures to represent this in the media are usually done through the depiction of 'young men' as opposed to men of other age-groups. Young adult men therefore have more suitable comparison targets than males of other groups. Feedback from romantic partners have also known to impact

the body image of young men. This has been found to be the case for both heterosexual men as well as sexual minority men.

Research on men's body image during middle-years is scarce (McGuinness *et al.*, 2016). Middle-aged men may experience similar life-events to women of the same age, although the effects of these on men's body image are unknown.

Older men can face substantial bodily changes, both in terms of the appearance of the body and body functionality, and both have been considered instrumental in the display of masculine identification. However, aging men's bodies are not judged as harshly as aging women's bodies (as put forward by the double standard of aging theory). Additionally, older men may renegotiate their masculine identities in older age by shifting the focus from how their bodies look like to what their bodies can physically achieve. Moreover, older men have been found to become more appreciative of their bodies as they age.

As addressed in the review above, there are gaps and issues within the extent literature which require filling and rectifying. Firstly, there is a lack of research on the body image of men over the age of 30, especially middle-aged men which requires much needed attention. Secondly, even though research on younger samples, such as preadolescent and adolescent boys is more available than research on men of older age-groups, these samples have largely been derived from the U.S. and Australia, and may not be generalisable to British boys', despite similarities being identified in the body image experiences of young American, Australian, and British adult males (Kruger, Lee, Ainsworth and Macera, 2008; Silva, Nahas, de Sousa, Del Duca and Peres, 2011). Researchers have also been unsure about findings they have

obtained from very young boys given the perceived cognitive limitations of boys at this age, requiring innovative ways of studying preschool boy's body image. Additionally, not much is known about the influence of fathers on the body image of preschool and preadolescent boys'. Despite there being a considerable literature on the body image of adolescent boys and young adult men, very few intervention programmes have been designed and administered to promote a positive body image in men of these age groups, and men in general.

In conclusion, male bodies are subjected to various biological and other changes across the lifespan, which may bring them closer or take them further away from the culturally accepted ideal for men. Some of these age-related changes may cause feelings of inadequacy within males and affect their sense of masculinity. Given that body dissatisfaction has been linked with adverse psychological and behavioural consequences in men, it is crucial that knowledge pertaining to men's body image across the life course is obtained and used to lay foundations for possible future body image interventions for men. Accordingly, the following research question was formulated for the present PhD:

- What thoughts, perceptions and feelings do men have about their bodies at different time points?

This PhD has the following key aim:

- To gain insights into the way men think, feel and behave regarding their bodies at various points in their lives.

Three subsidiary aims were established for each of the three studies conducted in the present PhD and intended to fill the gaps identified in the review above.

- Study 1 aimed to explore men's thoughts, feelings and perceptions regarding their previous and current body image.
- Study 2 aimed to examine quantitatively the relative importance of the factors raised by participants in Study 1.
- Study 3 aimed to investigate the views of men from a range of age-groups in respect to the qualitative and quantitative models produced in Studies 1 and 2, as well as discuss how positive body image could be promoted in boys and men.

CHAPTER III

RESEARCH METHODOLOGY

3.0 INTRODUCTION

This chapter will begin by discussing the philosophical underpinnings of the present research. This will be followed by a discussion of the research design, as well as the research strategies employed to gather and analyse data. Regarding the research design, the three distinct phases of the current research along with the inherent features of each of these phases will be presented. This chapter will conclude with a discussion of ethical considerations.

3.1 PHILOSOPHICAL FOUNDATION

The current research subscribes to a pragmatist philosophy (Cresswell, 2003). Within pragmatism, primary importance is given to the research question (Cresswell and Plano-Clark, 2011). Accordingly, advocates of this paradigm adopt whichever research strategy they believe has the potential to adequately answer their research question (s) (Johnson and Onwieguzie, 2004). In this work the principal investigator has used a broadly realist approach, whereby information provided by men about their body image was taken at face value (Hayes, 2000) and was regarded to be a true reflection of how men felt about their bodies (Maxwell, 2012), rather than alternatives such as a social constructionist approach (Willig, 2013). This realist approach informed the choice of quantitative methods for Study 2, as well as the choice of thematic analysis (Braun and Clarke, 2006) to analyse the results of the two qualitative studies.

3.2 RESEARCH DESIGN

Given that mixed-methods research has been regarded as the philosophical partner for the pragmatist school of thought (Denscombe, 2008), the current study adopted a mixed-methods research design, matching methods to research questions to study the way men think, feel and behave about their bodies at different points in their lives. Mixed-methods research has broadly been defined as research which encompasses components of both qualitative and quantitative enquiry (de Silva, 2017; Merten, Bazeley, Bowleg, Fielding, Mazwell, Molina-Azorin and Niglas, 2016). This third methodological movement (Teddlie and Tashakkori, 2003) came into existence as a response to the long-lasting disputes (or 'paradigm wars') between the quantitative and qualitative traditions (Fielzer, 2010). Advocates of this 'third paradigm' believe that integrating different research strategies has the potential to generate improved understandings of the research problem (Meister, 2018) compared to the use of single-methods in research studies (Cresswell and Clark, 2007). Certainly, both qualitative and quantitative methods have shortcomings, such as issues of external validity and objectivity in qualitative research, and the absence of participant voice in quantitative research (Johnson and Onwuegbuzie, 2004). A key advantage of combining methods is that the strengths of one method could help overcome the drawbacks of another (Johnson and Onwuegbuzie, 2004). Stronger conclusions may also be reached using mixed-methods research, through the process of merging and validating findings. Furthermore, mixed-methods research may generate more elaborate understandings needed to inform theory and practice (Johnson and Onwuegbuzie, 2004).

The current research consisted of three key studies wherein three separate research methods were employed to investigate different aspects of the factors of interest. These include in-depth interviews (Study 1), an online survey (Study 2), and focus groups (Study 3). Methods within each study were carefully selected and are justified in the sections below.

3.3 STUDY ONE (In-Depth Interviews)

As outlined in the literature review (see Chapter 2) most of the studies investigating male body image have focused on younger samples of men. However, to look at how male body image develops across the lifespan, it was essential that knowledge pertaining to middle-aged and older men's body image was first acquired as these also account for important life-stages. Considering the dearth of research on middle-aged and older men's body image (Drummond, 2003; Slevin and Linemann, 2010) a qualitative approach was first taken to improve these understandings, through production of rich and explanatory data (Cresswell, 2013). In fact, qualitative research has been regarded as a prerequisite to carrying out any quantitative investigation regarding body image of males in these age-groups (Bottamini and Ste-Marie, 2006; Leichty, Ribeiro, Sveinson, and Dahlstrom, 2014; Slevin and Linemann, 2010).

3.3.1. Recruitment

As participants in Study 1 were required to reflect on a range of earlier life stages, along with discussing their current body image, the principal investigator aimed to recruit men in their 40s-60s. It was believed that men of this age-range could successfully reflect on several developmental stages, including preschool,

preadolescence, adolescence and young adult years. Additionally, they could also shed light on how they feel about their bodies as middle-aged men, providing a lifespan perspective on male body image. Men ranged between the ages of 45 and 67 years. The inclusion of one older participant allowed for an extended understanding of how older men may also think about their bodies.

Participants for Study 1 were recruited via a volunteer sampling method. Details of Study 1 (see appendix A.2) were advertised in a range of different settings around Manchester, including the University campus, sport centres, pubs/cafes and public restrooms. The university campus was viewed as a suitable venue to promote participation as it consists of staff and mature students of the specified age-range. It was also expected that staff and students at the University would be more empathic and willing to volunteer as they understand the importance and nature of participant recruitment in doctoral research. It was also envisaged that body image research would interest men who go to the gym given the element of body modification. Given the emphasis aging men have placed on keeping physically active in later years (Drummond, 2003; Leichty, 2014), it was imagined that men of all age-ranges would be found in this setting. Pubs and cafes were also considered as places where middle-aged men would most likely be found socialising therefore the study was also advertised within this setting, as well as being promoted in public restrooms around Manchester.

Despite Study 1 being advertised in Manchester, opportunities also arose from outside of Manchester (through snowball sampling), which were considered. These opportunities came from various parts of England, including Yorkshire and the Humber Region; East; South East and South West of England. Given the lack of ethnic

diversity identified within research looking at the body image of aging men (Ferraro *et al.*, 2008; Halliwell and Dittmar, 2003; Hurd-Clarke and Korotchenko, 2011; Kaminski and Hayslip, 2006; Leichty *et al.*, 2014; Peat *et al.*, 2011; Slevin and Linemann, 2010), Study 1 aimed to include middle-aged men from a wide range of ethnic backgrounds. While the majority identified as White Caucasian (10/14), the remaining participants were Black (1/14), British Iranian (1/14), British Indian, (1/14) and British Pakistani (1/14) individuals. Men held different marital statuses. Pseudonyms were used to maintain anonymity (see Chapter 4 for participant vignettes).

Sample size was based on data saturation (see Constantinou, Georgiou and Perdikogianni, 2017). The principal investigator continued to recruit participants for Study 1 until he felt that the data had ceased to offer any new information (Glaser and Strauss, 1969). As no additional concepts/themes were observed after the fourteenth interview, the principal investigator decided to terminate further sampling of participants.

3.3.2. Data collection

In-depth interviews were first employed to draw out vivid understandings of middle-aged and older men's body image (McIntosh and Morse, 2015). As a research strategy, in-depth interviews have been regarded as the most frequently used method within qualitative research (DiCicco-Bloom and Crabtree, 2006), given both its flexibility and adaptability (Kallio, Pietila, Johnson and Kangasniemi, 2016). One of the appealing aspects of using semi-structured interviews is that researchers can ensure all topics of interest are covered without necessarily impeding on participants' narratives (Grogan, Shepherd, Evans, Wright, and Hunter, 2006). In fact,

semi-structured interviews have been found to enable meaningful interactions between interviewers' and participants' (Galletta, 2012), as well as enable interviewers to seek clarity on issues raised by participants during the interview (Hardon *et al.*, 2004; Polit and Beck, 2010; Rubin and Rubin, 2005). Given that the focus of this PhD has been on how men's body image develops across the lifespan, this study did not solely aim to analyse men's current body image, but also examined how men felt about their bodies in earlier stages of development. This was considered particularly important in developing a coherent narrative of men's body image through the lifespan.

In Study 1, participants were also asked to bring in old photographs of themselves from different points in their lives. These photographs acted as visual cues to body image (Kunimoto, 2004) and were similarly used to form the basis for some of the questions asked within the interview. Using photographs within interview settings have been described as the photo elicitation method (Bates, McCann, Kaye and Taylor, 2017). This technique has also been referred to as the 'photo interview' (Collier, 1957; Demphsey and Tucker, 1991); 'reflexive photography' (Harrington and Lindy, 1999); and 'hermeneutic photography' (Hagedorn, 1994) and has mostly been used within anthropological (Samuels, 2004) and sociological research (Clark-Ibanez, 2007; Dowdall and Golden, 1987) although has been insufficiently used within psychological research (Bates *et al.*, 2017). The use of visual stimuli within interviews can help draw out more meaningful accounts from participants (Frith and Harcourt, 2007; Kunimoto, 2004), and stimulate memories in a way that standardised interview questions are not able to (Bates *et al.*, 2017; Harper, 2002). In addition, photo elicitation is considered as an 'empowering'

and 'emancipating' experience through which participants can make their experiences noticeable (Olliffe and Bottorff, 2007). By using the photo-elicitation method, the principal investigator aimed to give participants more control (Meo, 2010) and bring more flexibility to the interview, which although is considered flexible and adaptable (Kallio *et al.*, 2016) given the 'semi' in its title, is still largely believed to be controlled by the researcher (Sorrell and Redmond, 1995). Men in Study 1 were given control by being able to select the photographs they wanted to show and lead the interviews by interpreting these images to the researcher in terms of how they felt about their bodies at different timepoints (Loeffler, 2004).

Though there were other qualitative methods which could have been used to generate high quality data on middle-aged men's body image (for e.g. focus groups, telephone interviews), using individual, in-depth interviews in Study 1 was a strategic choice made by the principal investigator based on the following methodological considerations. Firstly, given the limited knowledge on middle-aged men's body image at the start of the PhD, it was imperative that Study 1 elicited as much information it could on this topic and ensured every participants' voice was heard. Despite the focus group method being regarded as a highly effective data gathering technique in which a wealth of data may be generated through the participation of several individuals (Robson, 2013), focus groups may consist of individuals, such as the 'dominant talkers', 'self-appointed experts' and 'ramblers' which may inhibit other participants from expressing their narratives (Krueger and Casey, 2015).

Furthermore, telephone interviews could have also been employed in Study 1 instead of using face-to-face interviews, but the principal investigator decided not

to use for several reasons. Firstly, telephone interviews are perceived to restrict the development of rapport between researcher and participant, which is essential in generating high quality data (Shuy, 2003). Also, they are typically seen appropriate only for short (Harvey, 1988), structured interviews (Fontana and Frey, 1994) or in very specific situations (Rubin and Rubin, 2005). The lack of visual cues may affect the depth of meaning that can be conveyed (Irvine, 2011; Fielding and Thomas, 2008; Gillham, 2005), so understanding the intended meaning might be more difficult without the additional information provided through visual cues. Cresswell (2013) also argues that the use of a telephone deprives the researcher of seeing the respondents' informal, nonverbal communication. Also, respondents may provide shorter and more superficial responses in telephone interviews making them less attractive for the purposes of this study than face to face interviews.

3.3.4. Reflections of a Male Body Image Interviewer

Gender of the researcher can impact research findings (Yager, Diedrichs and Drummond, 2013), so this was a consideration when planning the interviews. It has often been argued that participants prefer speaking about more sensitive topics with female interviewers (Davis, Couper, Janz, Caldwell and Resnicow, 2010). This may be because women researchers have been considered to be more sympathetic (Pollner, 1998), less critical and appear to be more interested in what participants have to say than male researchers (Derlega, Winstead, Wong, and Hunter, 1985). Within body image research, boys and men have reported preferences for female researchers. For example, when given a choice of male and female researchers, boys and men in Grogan and Richards (2002) indicated a preference for female facilitators,

considering them to be less threatening than if they were speaking to men. Similarly, men in Bottamini and Ste-Marie (2006) perceived women to be less threatening and the act of discussing their body image concerns with men as potentially de-masculinizing. Based on these findings the principal investigator was at first concerned and somewhat apprehensive about how his position as a male researcher would impact the nature and quality of his interview data. However, the principal investigator was pleasantly surprised at the detail of information that participants provided. One possible explanation for why men may have disclosed more to the principal investigator of the current research may have something to do with the fact that the male researcher does not present as a traditionally masculine male in terms of behaviour and clothing, possibly putting men more at ease, akin to other reports of men being more at ease with women researchers (e.g. Grogan & Richards, 2002).

3.3.5. Data analysis

The analytic method employed to analyse findings from Study 1 was inductive thematic analysis (Braun and Clarke, 2006). Thematic analysis is an analytic method wherein researchers establish, examine and describe patterns (themes) within their dataset (Braun and Clark, 2006). Inductive thematic analysis has been described as a branch of thematic analysis wherein researchers take a 'bottom-up' approach to analysing their data (Frith and Gleeson, 2004). Researchers conducting inductive thematic analysis aim to examine their data without letting their preconceptions about the subject area influence their analysis. By conducting the analysis for Study 1, the principal investigator intended to identify how respondents felt about their bodies at different points. The analysis for Study 1 was conducted based on the six

steps established by Braun and Clarke (2006). The principal investigator began by making himself familiar with the data, by repeatedly reading through the interview transcripts and putting down his initial thoughts. While this has been outlined as the first step of thematic analysis, the process of understanding the data and note-taking began earlier for the principal investigator whilst he transcribed the interview data (Riessman, 1993).

Upon producing an initial list of ideas, the principal investigator went on to produce codes in step two. A code has been defined by Boyatzis (1998) as ‘the most basic segment, or element, of the raw data or information that can be assessed in a meaningful way regarding the phenomenon’. In the case of the inductive thematic analysis, coding in Study 1 was ‘data-driven’ rather than being ‘theory driven’, and was carried out manually by the principal investigator as opposed to being facilitated by any analysing software (Kelle, 2004; Seale, 2000). Step three of the analysis required the principal investigator to examine the codes for the full set of participants and sort them into potential themes for each of the developmental stages. These themes were subsequently reviewed and refined again in step four of the analysis. The principal investigator in step four ensured that themes were distinguishable from each other (Patton, 1990) and examined to see whether any two or more of the themes needed combining to form overarching themes or were satisfactory as they were. The principal investigator also aimed to see in step four whether there was enough data to support certain themes or whether they needed eliminating from the analysis. By step five, the principal investigator aimed to be able to clearly define and name his themes. In the final step of the analysis, the principal investigator aimed to present his findings (see Chapter 4) in a clear and comprehensible manner with

supporting data extracts in the Study 1 chapter (see Chapter 4) and for any future publication.

Thematic analysis was chosen as the analytic method across the qualitative studies within this PhD, given that it is not theoretically bound to any specific epistemology, unlike interpretative phenomenological analysis and grounded theory (Braun and Clarke, 2006). The theoretical flexibility of thematic analysis makes this analytic method well-suited to the pragmatic approach adopted in the current study.

3.4 STUDY TWO (Online Survey)

Despite the strengths of using semi-structured interviews as a data gathering method, Study 1 only went as far as answering the ‘what’ and ‘how’ questions in relation to the research problem, leaving the questions ‘how many’ and ‘how strong’ unanswered. To overcome this shortcoming, an online questionnaire was developed in which themes from Study 1 (Chapter 4) were translated into measurable variables for Study 2 (see Chapter 5) and were used to develop appropriate hypotheses (see Chapter 1 and 5).

3.4.1. Recruitment and sample size

Participants for Study 2 were recruited both via volunteering and snowball sampling. The target age-range for Study 2 was 18 to 60. Considering that the target age-range for Study 2 was 18 to 60, the study was advertised in locations where it could reach men of these specified age-groups. For example, it was expected that young male adults would most likely respond to the study advert which was placed on the psychology department’s research participation pool system, especially as most undergraduate students are reported to be below the age of 30 (Patterns and Trends

in U.K. Higher Education, 2015). To ensure that other age-groups of men were also represented in Study 2, the principal investigator also sent out survey links to potential male participants over the age of 30 through email and wireless messaging. The choice to advertise the study electronically was so that it could reach a wider audience, and enable participants to conveniently access the survey on their phones, tablets, laptops and desktops by simply clicking on the link as opposed to copying the URL manually into a web browser (if had been placed on a physical poster). Also, the task of manually entering the URL into the web browser may have put participants off from taking part. The fact that the link was sent to smartphones also allowed for volunteers to easily copy and paste the links and forward it to other males they thought were suitable to take part in the study.

Within Study 2, a total of 57 male participants aged 18 to 60 years ($M = 2.85$, $SD = 1.15$) took part. Age was again the main variable of interest in Study 2. However, men were also asked to specify their sexual orientation and ethnicity within the demographic survey as both variables have accounted for disparities in men's body image in the past (Morrison and McCutcheon, 2011; Ricciardelli, McCabe, Williams, and Thompson, 2007), and could impact the way men (of different backgrounds) experience their bodies through the lifespan (Slevin, 2008).

Given that a multiple regression analysis was one of the statistical tests used to analyse the data from study 2, it was necessary that the sample-size was sufficient to perform the statistical analysis. According to Miller and Kuncz (1973), 10 observations per variable is adequate to perform multiple regression analysis. Given that there were five predictor variables in the present study, a minimum of 50

participants were required. As 57 participants contributed to the study, this assumption was satisfied.

15.9% of men were 18-20 years of age, 33.3% between 21 and 30, 14.5% between 31 and 40, 10.1% between 41 and 50, and 20.3% between 51 and 60 years of age. In terms of ethnic background, 11.6% of the sample classified as White Caucasian men, 31.9% as Indian, 2.9% as Bangladeshi, 1.4% as Chinese, 1.4% as Black, 2.9% as Arab, and 4.2% as multiracial. In terms of sexual orientation, 75.4% of men in the sample identified as heterosexual, 5.8% homosexual, 29% bisexual, and 7.2% as other.

3.4.2. Online questionnaire method

The internet has established itself as a practical research tool with several advantages (Ward, Clark and Zabriskle, 2014). A key advantage of using online research is that it can reach a larger audience in a relatively short space of time (Granello and Wheaton, 2004; Illievia, Baron, and Healey, 2002; Lefever, Dal, and Matthiasdottir, 2007) as well as retrieve more timely responses. For example, McDonald and Adam (2003) compared response timings between online methods and postal data collection and found that online methods garnered quicker responses than postal data collection. Answering to online questionnaires has also been regarded as a positive experience for study participants given the element of anonymity (Shepherd and Edelman, 2005). In fact, participants may feel more protected reporting sensitive issues using an online method (Wang, Lee, Lew-Ting, Hsiao, Chen, and Chen, 2005) and provide more honest responses (Lefever, Dal, and Matthiasdottir, 2007). This may be particularly useful in body image research with men, given that body image has

previously been identified as a difficult and sensitive topic for men to speak about (Grogan, 1999; Grogan and Richards, 2002). Taking the abovementioned reasons into account, the principal investigator chose to conduct online questionnaires in order to address the aim of Study 2.

The questionnaires selected for Study 2 were directly informed by the themes which emerged from Study 1. Despite several existing scales which could have measured the variables of interest, the principal investigator carefully chose measures he thought best captured the ideas from Study 1 (see Chapter 5 for full list of instrumentation and justification).

3.5 STUDY THREE (Focus Groups)

The aims of the final study were twofold. Firstly, Study 3 aimed to determine how much of the findings from Study 1 and Study 2 mapped onto the experiences of the men in Study 3. It also aimed to obtain feedback from participants to explore the possibilities of developing interventions for men across the lifespan.

3.5.1. Recruitment and sample

The principal investigator intended to conduct four focus groups across Study 3, including five participants per focus group. The target age-range for Study 3 was 18 years and over. The size of the focus groups was based on the recommendation by Kruger and Casey (2015) who have suggested that five to eight participants per focus groups are suitable, and that anything larger than this number could present difficulties, such as preventing individual participants from sharing insights, and make it challenging for the facilitator to control the group (Kruger and Casey, 2015).

Although the principal investigator initially aimed to moderate four focus groups and include five participants per focus group, Study 3 comprised of nine men, between the ages of 18 and 75 years who took part in three separate focus groups. One group of three, one group of four and one group of two participants (see appendix C, table 6.2). While the size of these focus groups do not match the recommended size by Kruger and Casey (2015), small focus groups have been associated with greater participant comfort and the generation of more insightful data (Krueger *et al.*, 2015). In the case of the focus groups in the current research, the size of the group was not perceived to have disadvantaged the findings in any way. In fact, all the participants got an equal opportunity to share their views on the topics of interest and provide detailed descriptions of their experiences.

A range of venues were used to promote participation for Study 3, including the departmental psychology pool, whereby students could access details of the study and volunteer to be part of it, as well as displaying details of the study via posters (see Appendix C.2) across a range of different settings around Manchester, including the University campus, sport centres, pubs/cafes and public restrooms. These venues were chosen for the reasons noted above in section 3.3.1.

Participants came from both London and Manchester, U.K and involved men who belonged to a range of different ethnic backgrounds, including African (n = 1), White Caucasian (n = 2), Mediterranean (n = 1), Indonesian (n = 1), Middle-Eastern (n = 2), South Asian (n = 2) and East Asian backgrounds (n = 1). Eight men identified as heterosexual and one as homosexual. One group of men worked within airport beauty retail, one group of men worked within local beauty retail and the last group

consisted of a retired man and his son, also staff at a U.K. airport. Five of the men reported to be single, two in a relationship, and two married with one child (see Appendix C, table 6.2). Men within each of the focus groups knew each other, either through work or being related to each other. The primary reason that the principal investigator chose against capping the age-range in study 3 (i.e. 18 and over), was because he intended to include older men in his study, especially as study one included a sample which predominantly consisted of middle-aged men, and this does not encompass the whole lifespan. Despite the fact that Study 2 (see chapter 5) included an age-range which included men between the ages of 18 and 80, hence covering old age, the principal investigator felt it was necessary to gain qualitative insight into the body image of men of this age-group, which was missing from the earlier two studies.

3.5.2. Data collection method

Focus groups have been considered a popular choice for data-collection among researchers interested in male body image. Certainly, choosing this strategy has provided valuable insights into the body image of preadolescent and adolescent boys (Grogan and Richards, 2002; Hargreaves and Tiggemann, 2006; Tatangelo and Ricciardelli, 2013), young adult men (Grogan and Richards, 2002), and older men (Drummond, 2002; Leichty., *et al*, 2014). Several reasons have been put forward for why focus groups may enable good and honest understandings of boys and men's body image. For example, individuals within focus groups generally tend to speak to each other instead of simply responding to the researcher, and talk in ways which resemble real-life conversations (Wilkinson, 1999). This is especially useful as it

enables researchers to observe how boys' and men may experience and speak about their bodies in the real-world, potentially providing closer and more accurate understandings of men's body image than any other research method.

Focus groups also draw people together which are homogeneous in some way, which has been found to account for greater self-disclosure among participants given that participants feel more 'empowered' and 'supported' sharing their experiences in front of individuals they perceive to be like themselves (Grogan and Richards, 2002; Hargreaves and Tiggemann, 2006).

Focus groups have also been regarded as an effective research strategy when planning and pretesting materials for interventions, as well as establishing appropriate steps for their implementation (Ayala and Elder, 2011). Linked with this, focus groups are useful for obtaining feedback (Madriz, 2003) because they permit researchers to see how the group of interest view, recognise, and interpret certain subjects, which is important in planning interventions. For these reasons, focus groups were the method of choice for Study 3.

3.5.3. Reflections of a Male Body Image Focus Group Facilitator

As outlined in section 3.3.4. above, researcher characteristics, especially the researcher's gender, may affect the degree to which participants open-up as well as influence the scope and quality of the data participants provide to researchers (Davis *et al.*, 2010). Certainly, body image research with men has found that men prefer to speak to female researchers more than male researchers about sensitive topics (Bottamini and Ste-Marie, 2006; Grogan and Richards, 2002; Pollner, 1998), as they perceive female researchers to be less threatening and more interested in their

narratives (Derlega, Winstead, Wong and Hunter, 1985). Speaking to other men about body image has also been described by some men as 'demasculinising' (Bottamini and Ste-Marie, 2006), thus their preferences to be interviewed by female facilitators. However, men in the focus groups in Study 3, like men in the individual interviews in Study 1, seemed very comfortable discussing their body image with the principal investigator.

One of the reasons why men in Study 3 may have been comfortable in discussing their body image with the principal investigator could be due to the expectation that as a 'male', the principal investigator would understand the participants' experiences and issues relating to the male body better than a female facilitator, who may require more detailed descriptions to make sense of the issues surrounding men's body image (Bottamini and Ste-Marie, 2006). Similarly, men in Yager *et al.*, (2013) also believed that it would be effective to have same-sex facilitators moderate focus groups given the relatability factor between the male researcher and male participant. Within the same study, men reported that it would be less disconcerting speaking to a same-sex facilitator than an opposite-sex facilitator about sensitive topics, and that they would feel less judged if interviewed by a facilitator of the same sex than a facilitator of the opposite-sex (Yager *et al.*, 2013). Considering findings from the extent literature as well as the levels of comfort and self-disclosure of participants within Study 3, it appears that the gender of the principal investigator did not negatively impact the nature or quality of the data collected in Study 3.

3.5.3. Data analysis

All three focus groups were transcribed verbatim and analysed using deductive thematic analysis, that is, analysis driven by researcher preconceptions (Braun and Clark, 2006). This varies to the analytic method employed in Study 1, which allowed themes to directly emerge from the data (Boyatzis, 1998; Frith and Gleeson, 2004; Patton, 2004). In Study 3 (see Chapter 6) the principal investigator inspected the data closely and thoroughly for patterned responses or themes relevant to the findings from both Studies 1 (see Chapter 4) and 2 (see Chapter 5) as well as other relevant relating to boys and men's body image. He first read through each of the transcripts and highlighted features of the data he found shared a close resemblance to the interview data in Study 1 and statistical findings in Study 2, as well as highlighting any unexpected findings. Commonalities and differences between younger and older men's body image was noted and carefully considered when identifying themes for Study 3 (see Chapter 6), as well as generating ideas for appropriate future male body image interventions. The analysis was also overseen and checked by both the research supervisors.

3.6 Ethical and Practical Issues in Body Image Research

3.6.1. Inclusion and Exclusion from the project

All three studies specified who was and who was not permitted to take part. For example, to participate, participants who were not able to communicate effectively in English, lacked decision-making capacity, or had a history of body dysmorphia (according to self-reports) were not permitted to take part in the three studies. Excluding participants with limited English proficiency was a choice made by the principal investigator, considering that all participants should be able to fully understand all the features of the research and their contribution as research

subjects (Koulouriotis, 2011). By including research subjects that do not speak English fluently, participants may not be fully acquainted with the different aspects of the research, including their entitlements as participants. Issues of coercion may also exist when recruiting non-native language speakers. The choice to exclude persons with reduced decisional-capacity was again related to issues of understanding and communicating choices (Hedge and Ellajosyula, 2016). Lastly, the principal investigator chose to exclude persons with a self-reported history of body dysmorphia as he did not wish the study to cause participants to feel any discomfort, especially in his absence (e.g. when completing the online survey).

3.6.2. Risks and Hazards

Since body image has been regarded to be a sensitive topic for men (Grogan and Richards, 2002); there was a possibility that some of the questions asked during the in-depth interviews and focus groups, or some of the questions and or statements presented within the surveys could have evoked a strong emotional response in respondents. For this reason, respondents were reminded on each occasion that they were not obliged to respond to any questions in the interviews/focus groups (and were advised to omit any questions from the questionnaires) which caused them to feel uncomfortable. Furthermore, participants were reminded of their right to withdraw from the research (in the case of completing the questionnaires they were told they could exit the browser if they no longer wished to continue). For any reason if participants did not wish to continue with the studies, they were given a timeframe in which they could address this to anyone in the research team and their data would not have been used (apart from Study 2, where participants had the option of exiting the browser). Other relevant information was provided to participants on the

participant information sheet/Qualtrics page prior to each study, along with consent forms/statement. In case participants were affected by any aspect of the studies, they were provided with a list of counselling resources.

3.7 Summary of Methodological Considerations

Using a range of methods within the current PhD enabled the principal investigator to accomplish different things. For example, the use of in-depth interviews in Study 1 (see Chapter 4) enabled the production of rich, meaningful data, improving our understandings of how men's body image develops across the lifespan. Using a quantitative method thereafter, such as the online questionnaires in study two enabled the principal investigator to convert dominant themes from Study 1, into measurable, quantifiable variables, which could then be used to test the generalisability of the findings produced in Study 1. Lastly, using focus groups within the final study of the PhD allowed the principal investigator to observe how men may experience and discuss their bodies in the real-world, given the similarities between focus group discussions and real-life conversations (Wilkinson, 1999). Overall, using the different research methods in the current PhD enabled the principal investigator to reach more stronger conclusions about the factors which affect men's body image at different time points, through the process of retesting ideas across the different studies (see Chapter 7). Additionally, strengths of the different methods helped overcome drawbacks of other research methods, allowing for a more rounded and elaborative understanding of men's body image across the lifespan.

CHAPTER IV

STUDY ONE

4.0 Literature Review

This study was designed to focus on how men's body image changes over time. There is a robust literature on men's body image at different age points (Fawkner, 2012; McCabe, 2012); however, most previous work is cross-sectional, due to the obvious cost and practical challenges in conducting longitudinal work following boys as they age. While this work has produced interesting data on body image in men and boys of different ages, belonging to different historical cohorts may have an important influence on men's body image due to historical changes in body ideals (Grogan, 2016). The current study offered a unique alternative to cross-sectional studies as it focused on middle aged men who reflected on their body image at different ages, reducing the impact of generational differences. Furthermore, by selecting to interview men from later life, the study also addressed another gap within the literature, which was the lack of research on body image in men over the age of 30 years (Slevin & Linneman, 2010; Vas, Forshaw & Grogan, 2016).

Although men's body image was largely ignored in the psychology literature until the 1980s, body image research now includes coverage of men's body image at different age points (McCabe, 2012; Fawkner, 2012). It is evident from this work that there are different factors which influence the way men of different age groups think, feel and behave with regard to their bodies. Masculinity is a factor which has appeared to influence the body image of men across most age groups (Drummond, 2002). According to Drummond (2002) a man's masculine identity mainly develops

through appearance-related factors. In fact, to be considered a 'man', one must appear 'muscular, athletic and youthful'. Importantly, bodies which do not display such physical qualities are often graded lower on a scale of masculinities. However, not every male is able to approximate the muscular ideal. For example, due to late pubertal development, boys in their adolescence may not be able to build muscles as early as they would like (Smolak et al, 2005). Similarly, men from later life may find it harder to accrue muscle mass as they grow older (Shepherd, 1997). Consequently, there may be some men that develop body dissatisfaction (Kaminski & Hayslip, 2006) while others are more accepting of their bodies (Halliwell & Dittmarr, 2003).

4.1 THE CURRENT STUDY

The aim of the current study was to analyse middle-aged men's thoughts, feelings and perceptions in regards to their previous and current body image. Fulfilling this aim would mean producing valuable data on middle-aged men's body image, something which is missing from the current literature. The research question that was formulated for the present study was as follows: *What thoughts, perceptions and feelings do men have about their bodies at different time points?*

4.2 METHOD

4.2.1. In-depth Interviews

Considering the lack of research on male body image over the age of 30 years of age (Drummond, 2003; Slevin & Linneman, 2010), the current study was designed to produce data that were both rich and explanatory in nature (Cresswell, 2013). It was therefore decided to employ in-depth interviews as a means of collecting information from participants. A topic list was used, which comprised of a small number of broad guiding questions based on the themes emerging from relevant literature on male

body image. Questions posed aimed to cover all developmental stages and attempted to find out how participants thought, felt and behaved with respect to their bodies during each of these phases. Participants were also asked to bring in old photographs of themselves from different stages in their lives, which acted as visual cues to body image and were similarly used to form the basis for some of the questions asked within the interview.

4.2.2. Participants

Fourteen men, aged between 45 and 67 years participated. Participants came from various parts of England, including the North-West England, Yorkshire and the Humber Region; East; South East and South West of England and belonged to a wide range of different ethnic backgrounds. Men also held different marital statuses. Nine of the participants reported to have children. Ten men identified as White Caucasian (n = 10), one as Black, one as British Iranian, one British Indian, and one British Pakistani. Pseudonyms were used to maintain anonymity.

‘Dave’ was a 60-year-old from Yorkshire and the Humber Region. Dave was married and the father of one.

‘Sid’ was a 53-year-old British Indian male from a county in South-East England. Sid was married and was a father to two boys.

‘Ahmed’ was a 55-year-old British Pakistani male, also residing in a county in South-East England. He was also married and the father to two sons.

‘Ken’ was a 47-year-old White Caucasian man living in North West England. He was married and the father of one.

‘Jack’ was a 60-year-old male from East of England. He married twice and had five children from his first marriage.

'David' was a 67-year-old retired Caucasian male, living in the Yorkshire and the Humber region. He was married but had no children.

Noah was a 50-year-old White Caucasian man from Yorkshire and the Humber region. Noah married twice but did not mention anything about having any children.

Tom was an active, single 46-year-old male from Yorkshire and the Humber region. He reported to have no children.

Ben was a 50-year-old White Caucasian male from East of England. Ben was married with two children.

Derek was a 56-year-old, White Caucasian male. Who resided with his wife and children in a county in South West England.

Jim was an active 52-year-old White Caucasian male from North West England. Jim was married and reported to have children.

Bradley was a 55 years old, black single man, He reported to have no children and was residing in the Yorkshire and the Humber region.

Craig was a 56-year-old man White Caucasian male from North West of England. He was married and reported having one daughter.

4.2.3. Materials

The current study utilised the following materials: a poster (see Appendix A.2), to advertise details of the present study; an information sheet (see Appendix A.3), which allowed potential participants to make an informed decision about whether or not they wanted to take part; a consent form (see Appendix A.4) to ensure that participants had fully understood the features of the study and had given their permission to proceed with the investigation; and a topic list which helped guide the interviews (see Appendix A.5). The topic list consisted of a small number of broad

guiding questions based on dominating themes emerging from male body image research conducted on men from different age groups (Drummond, 2003; Jones and Crawford, 2005; Keel *et al.*, 2007; McCabe *et al.*, 2007; McCabe *et al.*, 2010; Tatangelo and Ricciardelli, 2013). Questions covered topics such as parental and peer influences, body-change strategies and body functionality, all of which have repeatedly shown to be of key importance when discussing male body image (Drummond, 2003; Frisen, Lunde and Hwang, 2009; Leichty, 2014; McCabe *et al.*, 2010; Ricciardelli, Ricciardelli, McCabe and Banfield, 2000; Tatangelo and Ricciardelli, 2013).

Participants were requested to bring photographs of themselves from different points in their lives. These images served as visual cues to body image (Kunimoto, 2004) and were similarly used to form the foundation for some of the questions asked by the principal investigator across all the interviews. The use of photographs within interviews has been referred to as the photo elicitation technique (Bates *et al.*, In press). The photo-elicitation technique has also been described as the 'photo interview' (Collier, 1957; Dumphy and Tucker, 1991), 'reflexive photography' (Harrington and Lindy, 1999), and 'hermeneutic photography' (Hagedorn, 1994). The choice to incorporate the photo-elicitation technique within the interviews was so that more meaningful accounts could be evoked (Frith and Harcourt, 2007; Kunimoto, 2004), especially as photos have been reported to stimulate memories in a way that standardised interview questions are not capable of doing (Bates *et al.*, In press; Harper, 2002).

A debriefing letter (see Appendix A.6) was also given to participants at the end of the interview, which thanked them for their contribution and which also provided them with details of the research team and various counselling services.

4.2.4. Procedure

Upon obtaining ethical approval from the faculty academic ethics committee at Manchester Metropolitan University, the first step that the researcher took was promote his study. Participants were recruited via volunteer and snowball sampling. All participants were able to speak English fluently and were able to read the instructions. Upon obtaining men's informed consent, dates and times for the interviews were finalised.

The interviews were conducted at various locations, including participants' homes, offices, lecture theatres, and other quiet university spaces. These locations were individually chosen by the participants and were spaces where participants were happier to disclose information. This was amongst the first things that the principal investigator did to ensure that his participants felt comfortable.

Participants were asked general questions for e.g. how their day was going, to build rapport and relieve any apprehensive feelings participants during the initial phase of the interview. Before recording of the interviews began, participants were informed that their responses would be audio-recorded, transcribed and possibly incorporated anonymously within the final report. It was reiterated to the participants that they were not obliged to answer every question in the interview and that they were permitted to leave the interview during any point without providing an explanation. Reminding men of what they were entitled to was another attempt made by the principal investigator to ensure that his participants were at ease. After being reminded of their entitlements, participants were asked if they were happy to proceed with the interview. Upon their approval, the researcher began to record the interview.

While the interviewer had a topic list to guide his interviews, questions were asked in a very flexible manner. Furthermore, the principal investigator avoided asking any leading questions, allowing participants to guide him through their own

narratives as well as take him through the photographs they had brought to the interview. Once the interview was completed, participants were debriefed and thanked for their contribution.

4.2.5. Data Analysis

Interviews ranged from 60 to 90 minutes. They were transcribed verbatim and analysed using thematic analysis (Braun & Clark, 2006). Inductive analysis was used to distinguish, report and examine data (Riessman, 2008), and to look for patterned responses or themes within the dataset (Braun & Clarke, 2006; Sandelowski & Leeman, 2012). The first author first read through each interview transcript to identify how respondents felt about their bodies at different points in their lives, noting any similarities and or differences which emerged as men reflected on their body image at different time points. Similar data were drawn together from the full set of participants to support themes identified at the different life stages. Two themes were established for each life stage (with the exception of 'adolescence' and 'young adulthood' where the same themes were associated with both life stages). The analysis was also overseen and checked by the two other authors who contributed to the analysis. All themes were agreed by all three authors.

4.3 RESULTS AND DISCUSSION

4.3.1. Summary of Findings

The aim of the current study was to analyse men's thoughts, feelings and perceptions in regards to their previous and current body image. It was evident that body concerns were not something which gradually improved or worsened for respondents, but were something which waxed and waned over time. Besides age, major life transitions (such as marriage and divorce) were found to have a significant

influence over the way men felt about their bodies in later stages of their lives. A number of themes were established for men when reflecting on their body image at different time points (see Appendix A, Table 4.1).

4.3.2. Preadolescence

4.3.1.2. No Real Body Image Concerns

When discussing awareness of their bodies in preadolescence, eight out of 15 participants responded in ways which indicated that they did not have any real concerns about their bodies during this stage in their lives. However, there was some variation found in the way that participants chose to communicate this information to the researcher. For instance, Ben articulated his unconcern about his body as '*at 8, fairly un-self-conscious*'. Jack reported 'Umm, probably not even aware of my body to be honest'. From these two extracts, it is clear that both these participants were not really conscious of (or had formed any conscious perceptions of) how their bodies looked during their preadolescent years, thus did not feel any apprehension towards the way that their bodies appeared to others during this time. Like Ben and Jack, Sid's response '*I don't think-I don't think I really understood*' could also be construed as him not focusing on the look of his body during his preadolescent years.

While Ben, Jack and Sid indicated that they were not really conscious of their bodies during their preadolescent years, Tom and Derek chose to express their unconcern for their bodies differently. For example. Tom said '*I think as a youngster, not bothered about it at all, appearance that is...*', and Derek '*no, I don't think I was even bothered about it*'. It was clear that neither of these two participants recalled feeling worried or upset about the way that their bodies appeared at that age.

When questioned about his weight and whether it had any impact over his body image, Noah replied '*No, no I was just a normal kid*'. When Noah claimed that he was just a "normal kid" he may have been implying that normal boys are not (or at least not expected to be) concerned with the way that their bodies appear during this stage. Similarly, Ahmed in the following quote could possibly be seen as confirming this observation when saying '*I never thought about it that way as a child*'. The notion that boys do not have any real body image concerns during this phase conflicts with a range of existing literature based on interviews with boys at this age. For example, in a study conducted by Ricciardelli et al. (2006), preadolescent boys' were found to display body image problems comparable to those of men and adolescent boys. Furthermore, in other studies (see Dunn-Lewis and Patrick, 2010; Truby and Paxton, 2008) nearly 50% of preadolescent boys between the ages of eight and 11 displayed a preference to be thinner. However, the studies mentioned above represent preadolescent boys of today, while the findings from the current study are telling a story about the preadolescent boys' of the past, where the appearance of the male body was perhaps not such a focus as it is today (Farquhar and Wasylkiw, 2006).

4.3.2.2. Focus on Sport

From participants' accounts, appearance-fixing was not the object of these men's ambitions as preadolescent boys. What did appear to dominate participants' minds during this time and kept them distracted from their bodies was their interest in sports. This is illustrated in the quote below:

Ahmed: No, I never had a concern, like I said, I was into sports so much, I never got a chance to be to physically worried about my look-the way I look. I looked fine, naturally.

Ahmed argued that he did not really get an opportunity to be worried about the way that he looked due to being largely involved with sporting activities at the time. In contrast, Craig reports being aware of his body during his preadolescence; though this was only due to his participation in sports and as a result of physical contact with fellow teammates.

Craig: I can only really think of, through sport actually. Through playing rugby as a say 12 to 13-year-old and just being conscious of erm, being hit, erm playing rugby.

From all of the above extracts, it appears that participants were satisfying gender-role expectations as early as their preadolescent years. Indeed sport, especially football (Epstein, 1998) and rugby, have traditionally been associated with the promotion of hegemonic ideals (Eitzen, 2005), particularly those which proscribe men to be competitive, active, tough, enduring and aggressive. Sport can therefore be considered to facilitate the development and presentation of boys' masculine identities. In Craig's case, it was interesting to observe the extent to which he valued sports as a preadolescent boy, so much so that it was the only thing which brought his body into his conscious awareness during this period.

This focus on sport mirrors that seen in other research focusing on young men's body image. For instance, Tatangelo and Ricciardelli (2013) found that sport was the main activity preadolescent boys engaged in with peers at lunchtime.

Furthermore, Hargreaves and Tiggemann (2006) found that boys tended to want to talk about sport rather than their bodies.

4.3.3. Reflections on Adolescence and Young Adulthood

According to the respondents' accounts, the narrative changed when participants had reached their adolescence and young adulthood phase. By this point, participants reported they had become fully aware of their bodies. Furthermore, participants presented reasons for why they felt an upsurge in body concerns and why they engaged in appearance fixing behaviours at this stage in their lives. Interestingly, both of the reasons presented by participants reflected participants' modified goals as adolescents, (i.e. attracting members of the opposite sex and gaining acceptance from popular social groups) both of which are described in the sections below.

4.3.3.1. Interpersonal Attraction and Bodily Awareness

One of the causes that respondents ascribed for the sudden awareness of their bodies was a growing interest in members of the opposite sex. Holding favourable attitudes towards heterosexual sex has been acknowledged as being an important aspect of hegemonic masculinity (especially as it includes the objectification of women; Bell, Rosenberger & Ott, 2015).

This trend was first identified in Jack's interview (see below).

I: When would you say that you DID become aware of your body then?

Jack: *Probably at 14 or 15 when-when I noticed girls really...when I got to about fourteen or fifteen though, erm, I suddenly thought. I looked around and thought, ooh, you know, there are some interesting things out there and umm, what does it take to get closer to those really, and so that-that*

impacted on-on-on how I looked-I did start to look at myself, caught myself in the mirror more...I was just looking at that point to make myself more attractive really to-to girls

From the extract above, it is clear that adolescence was not just a period where Jack became aware of his body, but it was also a time which was marked by his interest in finding out what he could do in order to make himself more desirable to members of the opposite sex. Indeed, he reported changes in his behaviour such as staring more at his reflection in the mirror. Furthermore, his statement “what does it take to get closer...” could imply that he was interested in finding out what further strategies he could adopt in order to alter the way that he looked.

Like Jack, David in the following quote also reported that he became conscious of his body as a result of noticing members of the opposite sex. Furthermore, he described how he wanted ‘to look his best’, and how he began to start paying attention to his hair due to this realisation. Similarly, for David below, he held girls accountable for becoming aware of his own body and in turn his desire to look his best:

David: Erm, probably about 12-13. When you start noticing girls, and you know, you’re wanting to look your best, and, you know, you start doing your hair you know...

Regarding the findings from previous research studies, only one study was located wherein adolescent boys’ desire to impress girls was associated with the development of body concerns and the onset of appearance-fixing behaviours (Hargreaves and Tiggemann, 2006). With the exception of Hargreaves and Tiggemann’s, (2006) study, other research studies have produced contradicting

outcomes which refute the results from the present study. For example, Grogan's (2016) interviews with heterosexual men revealed that though men were aware of women's preferences regarding their body tone and musculature, this did not encourage them to change their bodies, supported by other authors (Fawcner, 2004; Hargreaves and Tiggemann, 2006).

While there is not much disparity between Jack and David's responses, Ken and Tom add to this narrative. For example:

Ken: *...underlying everything I think it is about attracting a mate, male or female, doesn't matter what your orientation, personally I believe that.*

While what Ken has said here could just be an alternative way of confirming the observations above, the fact that Ken believed that it was fundamentally all "about attracting a mate", shows that he considered the body to play a significant role in connecting individuals and establishing long-term bonds. Similarly, in the interview segment below, Tom makes use of the term 'relationships', which could be interpreted as implying the same thing.

Tom: *Probably it's got to be, when-when y'know when you first sort of become interested in err in relationships and you know the opposite sex and so on, erm, around 14*

In support of both of these excerpts, Cawley, Joyner and Sobal (2006) found that appearance played a key role in attracting marital partners for both sexes in quest of heterosexual romantic relationships. Since attracting members of the opposite sex was what men in the current study attributed to the rise in their body concerns, it is important that we understand what is attractive to members of the opposite sex, as this may help explain the perspective men adopt on their physical self. Fredrick et al

(2007) found that women considered men with moderate levels of muscularity more attractive than men who were non-muscular and slender. Bearing this in mind, it could have been possible that men as adolescents may have formed perceptions of their bodies based on what they thought members of the opposite sex found attractive in them.

4.3.3.2. Body Type and Social Acceptance

Besides attracting females, participants reported that another thing which compelled them to think about their bodies during their adolescence was their desire to become members of certain social groups. Moreover, they revealed how acceptance by social groups was determined by the types of bodies they possessed. This is interesting considering that in the last theme men's body concerns and modifying behaviours were linked to wanting to increase their popularity with members of the opposite sex. Men during their adolescence also wanted to be highly popular with members of the same gender, supporting Ricciardelli (2012). For example, according to Sid, in order to be selected for a football or cricket team, one needed to look a certain way otherwise they were not welcomed to be part of it.

Sid: If you can't do certain things, you don't look or dressed, then you're not in

Derek, like Sid was also found discussing body type and social acceptance from his social circle.

Derek: ...you don't want to be like that guy who is left behind every time that nobody wants to pick on for their football group team. You want to be the first guy that everyone picks, you know

I: oh so you are saying that the way you look determined-had a link with whether or not you could join a specific football team do you think?

Derek: yeah, well I mean not for a football team, but to go out, we used to go into the city you know to socialise, wana look like-they want...you know what I mean. Teenagers are teenagers, you know, you go back to any era and you'll find people will want to be in the coolest group or whatever it may be, you know we all want to be in the popular group

As can be seen in the extract above, Derek describes how sport teams had preferences for certain body types and how as an adolescent he desired to attain the body that would allow him entry into such teams. However, Derek did not simply hold football team selection accountable for the way he thought and felt about his body. He also spoke about how going to the city and socialising in general were also factors which made him focus on his body. Derek also implied that he did not want to be 'the guy who was left behind' rather he wanted to be 'the guy who was picked first'. It has been suggested that boys that endorse a muscular physique which demonstrates strength and athletic ability have a better chance of being perceived as popular by their peers (Ricciardelli, 2012).

Adolescents' desires to be popular are understandable considering that adolescence has been identified as a phase in an individual's life where feeling accepted and supported by friends and classmates is extremely important (Burowski, Hoza and Bolvin, 1993). When Derek stated that he did not want to be 'the guy who was left behind' he may have presumably felt (at the time) that had he not conformed to social expectations of how his body should look, he could have potentially faced a number of negative social consequences, including the risk of being unpopular,

rejected and even victimized by his peers (Wang, Houshyar and Prinstein, 2006). Furthermore, overweight boys and girls have been found to experience higher levels of discrimination, poor level of acceptance amongst peers, have been found to have fewer friends and have poorer dating prospects than average weight girls and boys (Cattarin and Thompson, 1994; Neumark-Sztainer *et al.*, 2002; Pearce, Boergers, and Prinstein, 2002; Strauss, Smith, Frame and Forehand, 1985).

A study by Wang and colleagues (2006), for example, demonstrated that boys with both thin and big body shapes were considered to be less popular among peers. When Derek expressed his desire to be 'the guy who was picked first', he was perhaps implying that having an ideal male body would make him more popular amongst his peers (Wang *et al.*, 2006). Findings from Grogan and Richards (2002) study can also be possibly applied here. For example, adult men in Grogan and Richards' (2002) facilitated focus groups were found making associations between appearing attractive and feeling 'confident' and 'powerful' in social situations. Grogan and Richards (2002) added that men's desire to appear lean and muscular was mainly due to aesthetic reasons (over health and fitness), and that this was largely related to the notion of social acceptance. Interestingly, Derek's quote ends with him mentioning how irrespective of whichever era one belongs to, one will always want to affiliate with the 'coolest' and most 'popular' group. This is an interesting point considering that it is possibly showing similarities between different generations of adolescent boys.

4.3.4. Reflections on Midlife

Body concerns appeared to become subservient once more for some of the participants as they entered their midlife. Interestingly this was again associated with a change in men's priorities.

4.3.4.2. Family Life and Body Neglect

When men were questioned about their body image during their midlife, a number of participants revealed how it became very difficult to give their bodies any adequate attention during this time. Their reasons for this struggle also appeared to be quite similar. For example, both Jack and Derek expressed that time spent with their children was the primary reason why they were unable to give their bodies' any appropriate consideration. This is illustrated in the quotes below:

Jack: ... because there was five children around a lot of time and attention was spent on them

Derek: Once you have kids, it's very-it's harder to find the time to do those things, to counteract it, to go out and exercise

Furthermore, Derek went on to communicate how working long hours became an essential requirement to make ends meet for his family and how this resulted in having less time for himself:

Like Derek, financial stability for the family also appeared to be the prime concern and obstacle for Sid as a middle-aged man. Sid too found himself prioritising his duties as a father over his desires to accomplish his ideal body. This is demonstrated in the following extract:

Sid: Paying a mortgage was crucial, putting food on the table was crucial, having a roof over your head and paying your bills was critical. Having a gym membership from 50 to 70 pound a month, not good

During this phase in participants' lives, men were seen conforming to a more positive form of masculinity (Kiselica, 2008); one which found them incorporating roles such as generative fathering (Kiselica, 2008) and breadwinning (Losocco, 2007) into their practices. Both generative fathering and earning an income has been considered to be important facets of 'ideal fatherhood' (Townsend, 2002), though do not correspond to traditional understanding of gender roles, which lead to expectations that men to give precedence to work over family (O'Neil, Good and Holmes, 1995). Nonetheless, men in the current study managed to satisfy both of these roles, though fulfilling these roles created tensions for men with respect to attending to their bodies during this phase.

4.3.4.2. Divorce and Body Panic

Another important factor which appeared to have an impact on the way some male participants felt about their bodies during the midlife period was finding themselves alone. For some of the participants, being divorced appeared to be the primary reason why they began to feel concerned about their bodies once again.

This is illustrated in the quotation below:

Jack: You suddenly look at yourself and think I'm divorced and err you think, I wouldn't really fancy me either, if I saw me now, so, I'll do something about it.

It seems from this quote that when Jack was still in a relationship with his former wife, he was fairly relaxed about his body, though this 'suddenly' changed when he was no longer in a relationship. When Jack says 'I wouldn't really fancy me either' and 'I'll do something about that', it is obvious that he at that point had a desire to

be with someone again and that he believed the only way to make that possible was to alter his physical appearance.

Like Jack, Ken also communicated how his divorce caused a resurgence of body image concerns within him. Ken expressed that he felt extremely vulnerable at the time of his divorce. Furthermore he communicated how this was a time when many things came into focus, his body being one of them.

I: *Why your body all of a sudden? Why does that come to your mind at all?*

Ken: *Because that's-that's what the world sees*

The term 'world' here presumably includes new potential partners.

It is clear from Jack and Ken's narratives that marital dissolution left both participants feeling emotionally fragile, an emotion that 'real men' are 'not meant to feel' (Yeung, Mak & Cheung, 2015) and can be viewed as a subversion from traditional gender norms for men. Nonetheless, more work is required so as to explore the effects of divorce on male body image.

4.3.5. Current evaluations of the Body

4.3.5.1. *Health over Appearance*

When participants were finally asked to comment on their current body image, men had a tendency to talk about the health and functional aspects of their bodies as suggested by other researchers (e.g. Drummond, 2003; Leichty et al 2014). While men in the present study did not say explicitly that they were more concerned about their health than their appearance, health concerns were what men mainly discussed when asked about their current body. The men chose to discuss weight gain and its physical costs in later-life; for example, in the excerpt below, Jack expresses how he

feared weight-gain could deny him medical attention in the future if he ever needed it.

Jack: *If I get very big and I need an operation, the surgeon won't operate, 'cause they cannot operate on very fat people.*

Similarly, Bradley's body concerns also appeared to be medically driven. For example:

Bradley: *...erm abdominal fat is quite erm, expensive to carry around because it weighs on my bladder and-and in my age it means that erm, I can have what they call urge incontinence.*

Like Jack and Bradley, David also discussed his weight concerns, though his concerns were specifically linked to what his body could no longer do as a result of his weight-gain.

David: *I think it is slowing me down*

David went on to say that his weight-gain also contributed to his back pain *'yeah, but am, now I am-and I've also got back problems which I didn't used to have'.*

Interestingly David's comments relating to both his physical performance and back pain can be tied back to Drummond's (2003) research in which men's aging bodies were found to threaten their masculine identities. In David's case, his concerns over his susceptibility to pain, and weakened physical prowess could potentially be linked to feelings of demasculinisation.

Besides addressing their weight concerns, men in the current study also went on to mention some of the health-promoting behaviours that they engaged in. For example:

Sid: *I still do my long walks, I still do running when I can, I still workout before I go to work.*

Jack: I will for instance do the walk you've just done, because my flats just down the station, so every day I'll walk up and down

These findings are consistent with Drummond's (2003) findings that retired men were found to participate in physical activity sessions on a regular basis. Moreover, men from Drummond's (2003) study attached positive connotations with the concept of movement, such as the state of being free from illness, as well as associating movement with the idea of 'being alive'. As a result of participating in physical activity sessions, men developed a sense of pride in their physical activity which in turn had positive impact upon their masculinities.

4.3.5.2. Body acceptance

Another theme which emerged from the data with respect to older men's body image was the theme of body acceptance (Avalos et al, 2005; Tylka, 2011). While body acceptance has not been written about extensively within male body image research up until now, there are a couple of studies which link directly to the results of the present study. For example, older men in Leichty's (2014) study talked about making 'peace' with their aging bodies. Furthermore, in a study by Slevin and Linnemann (2010) it was revealed that men became more accepting of themselves as they aged. However, while men in the current study appeared to become more tolerant of their aging bodies, there was also a sense of helplessness within their dialogue. For example, in the quote below, Jack says:

Jack: ... I think you do get a little more comfortable within yourself

While this statement can be interpreted as being suggestive of body acceptance, Jack might have also been implying that individuals become accustomed to their bodies and ultimately learn to accept them. Similarly, when Sid was asked whether

he thought appearance-related pressures intensified with age, his initial response was:

Sid: No I don't think they do. I think, as-as you get older, you just turn around and say NO.

However, Sid subsequently went on to voice how he could not lie to himself. How he could never appear like his 20 and 30-year-old counterparts. How that is a 'fantasy', an 'illusion'. How that is 'not the real world'.

4.4 CONCLUSION

It was clear from respondents' narratives that the presence and absence of body concerns was largely regulated by certain goals participants had at different time points. Furthermore, these goals appeared to link with different masculine ideologies at different points in men's lives. For example, playing sports appeared to be the main objective for participants when reflecting back on their body image in the preadolescent phase. Indeed, sport has been considered as a male-dominated realm (Messner, 1993), wherein boys are able to form and display their masculine identities (Drummond, 1996). During this period, an awareness of body image seemed to be largely absent from participants' lives.

Nonetheless, things appeared to change as participants entered their adolescence and young adult-hood, when their primary aim became to attract members of the opposite sex, as well as to affiliate with popular social groups. In this phase, men went from not being aware of their bodies to fostering body image concerns. While participants' desires to attract members of the opposite sex during this phase could be considered as validating another aspect of their masculine identities, men also remembered this to be a time in which they wanted to develop

meaningful relationships, a concept which challenges predefined hegemonic notions about men's attitudes towards emotional commitment to a relationship (Forrest, 2010).

During midlife, participants went on to adhere to more positive forms of masculinity, one which found them incorporating roles such as 'generative fathering' (Kiselica, 2008) and 'breadwinning' (Losocco, 2007) into their practices, as well as resisting traditional standards which prescribe the prioritising of work over family (O'Neil, Good and Holmes, 1995). By this point men had already achieved success in their interpersonal lives; nonetheless acting out these masculinities during this phase prevented men from focusing on their own bodies.

However, some participants went on to experience a crisis in their masculine identities as middle-aged men, along with a resurgence of body concerns, due to disruptions in their marital lives. Men in the current study admitted to feeling 'emotionally fragile' upon making this transition, violating yet another important traditional masculinity norm which prescribes men to exercise emotional control (Yeung, Mak & Cheung, 2015).

Regarding participants' current evaluations of their bodies, their main aim was to keep their bodies fit and moving rather than be apprehensive about how their bodies appeared. From participants' accounts it was clear that masculinity remained an important part of men's self-identities up to this point.

4.5. Strengths of this study

One of the main strengths of this study is that it has generated in-depth data on how men feel about their bodies during their middle years; a cohort whose body image has not been explored as extensively as other male age cohorts (Drummond,

2003; Slevin and Lineman, 2010; Vas, Forshaw and Grogan, 2016). Furthermore, the study has presented new and unique themes which have not been identified in previous male body image research, for instance men feeling apprehensive about their bodies after being divorced, thus expanding existing knowledge on this topic. A further strength of the current study is that it focused on men's accounts of changes over time rather than focusing on men at different age groups who may have differed on body ideals, enabling a life span perspective. Regarding the photo-elicitation method, the principal investigator made use of a technique which up to his knowledge had not been used previously within body image research, that is, the photo-elicitation technique. Considering that not every participant chose to bring in old photographs of themselves the principal investigator could draw comparisons between interviews where men did bring in photographs of themselves to interviews where men failed to bring in photographs of themselves. One of the key observations made by the principal investigator was that men who did not bring in photographs of themselves found it more challenging to recount earlier experiences of their bodies compared to men who did bring in photographs of themselves. The extract below is one example of an interview where the participant did not bring in any photographs of himself:

I: Erm, take me back to when you were-we are going back to now when you were 8, between 8 and 11. What does Tom look like?

Tom: okay well I'm famous for having an absolutely terrible memory so I can barely remember that, I can barely remember last year, erm, so the idea of remembering 8. I couldn't. I'm really not sure. But err, I was a skinny kid with... black curly hair, erm, yeah, that's about it really yeah, not

very active, not very active sort of character, very sort of, bookish, very erm sort of serious character.

I: okay, so would you say, you had an awareness of your body at that time, would you say?

Tom: (gasps) I, erm, really can't remember it, gosh...

Craig, who also did not choose to bring in any photographs of himself found it difficult to recall his previous body image experiences. For example:

I: alright, okay. That's good, let's hark back to, when you were eight years old, okay. What do you look like, at 8?

Craig: (pause for thought) oh I can't remember. Well what did I look like?

Erm, aww (long pause).

Alternatively, when asked to reflect on his body image experiences as a young adult man, Ken vividly remembered how he felt about his body as demonstrated in the quote below, reiterating the usefulness of using photographs within interviews.

I: aw okay, so, how old are you in this picture?

Ken: I was 18 there. In fact, that was my 18th birthday party.

I: okay, so that quite a leap now isn't it, from 11 to 18.

Ken: yeah.

I: it is like seven years later.

Ken: yeah.

I: Does Ken-Is Ken aware of his body now?

Ken: yeah, I think certainly more so yeah. Erm, I was hanging around with these friends I had known from school from being young, 7 or 8, we were really goof friends, and erm they were all at this party with me and erm, funnily I was looking for these photos of this party the other day and I noticed how much more em, y'know, lets say, more well-built they were for 18. I was still really skinny, and again it all comes down to attraction I remember thinking I think that's a bit of an exaggeration, they-they were okay getting girlfriends even at this age I was struggling. I think it was partly because of the way I looked.

Based on these observations, it is evident that using photographs has the potential to help participants recall experiences more clearly and accurately. This is particularly important given that the interviews in Study 1 required men to reflect on experiences which occurred in the distant past.

4.6 Limitations and implications for future research

Men were not questioned about their sexual preferences at the time of the interviews, and since disparities between gay and heterosexual men's body image have been cited within body image literature (Grogan, 2016; Lodge and Umberson, 2013), future work might aim to gain an indication of the impact of men's sexual orientations on body image changes over the life span. Despite the fact that participants in the present study appeared to be very comfortable with sharing their stories, it is possible that the gender of the researcher in this study may have impacted the quality of the data collected. For example, in other studies, men have reported being more comfortable talking about their bodies with women interviewers (e.g. Bottamini and Ste-Marie, 2006; Grogan and Richards, 2002). However, more recently Yager et al., (2013) reported that the majority of the men in their study did not favour any one gender over the others, suggesting that it would be wrong to prescribe that this sort of research should only be conducted by men or women. Rather, it may be worthwhile for future researchers to decide what is right for the research (and those taking part) as it occurs. With respect to some of the new and unseen concepts which have emerged from the present study (see above) it is important that future researchers (particularly those interested in exploring masculinities) aim to focus more on these ideas and try to expand on them. Some of the findings from the current study highlighted issues which have already surfaced in

earlier studies, such as preadolescent boys' preoccupation with sports (Tatangelo and Ricciardelli, 2013), adolescent boys' appearance-fixing behaviours as a result of wanting to attract members of the opposite sex (Hargreaves and Tiggemann, 2006), and men's concerns regarding their body functionality in later years (Drummond, 2003; Leichty, 2014). However, the study also shed light on new concepts (as well as existing ones) in the context of men's changing masculinities) something which is novel and that future researchers should focus on when designing their own investigations.

Regarding the photo-elicitation method, future researchers may wish to acknowledge some of the potential issues associated with this method. As demonstrated above, men who did not bring photographs to the interview struggled with recounting personal experiences related to their previous body image. There could be several reasons why participants may have not brought in previous photographs. For example, photographs are personal, and not every participant may be comfortable to present photographs of themselves. Secondly, taking photographs today is very different to how photographs were taken in the times when these men were younger. In fact, digital and smartphone photography is a relatively new and easier way of producing and storing photographs. Prior to this, photographs were taken using conventional cameras which produced physical prints. To present these photographs in an interview situation would require participants to first find these photographs, which they may no longer have access to.

Furthermore, it may be useful if future researchers employed a number of different research strategies besides qualitative interviews to gain a more elaborate and rounded understanding of these concepts. For example, researchers in the

future may wish to utilise the findings from the present study to develop hypotheses/content for questionnaires to gather information from a greater sample size (Kendall, 2008) and determine whether the accounts shown in the present study are generalisable. In addition to using quantitative measures, it may also be useful to make use of other qualitative methods, such as focus groups, a method used previously in male body image research with boys and young men (Grogan and Richards, 2002) as well as retired men (Drummond, 2003), using themes from the current study to stimulate group discussions.

In consideration of the findings from the current study, it is apparent that men's body image was inextricably linked to their masculine identities. Nonetheless the links between their bodies and masculine identities appeared to be complicated; ones that changed and developed across time based on events that took place in participants' lives. Indeed, the findings from the current study help us to understand how men's body image links to their concept of what it is to be a man, but more importantly, how we as researchers can design our subsequent investigations based on this knowledge.

CHAPTER V

STUDY TWO

5.0 INTRODUCTION

There have been many developments within the field of male body image in the last ten years, both in terms of findings and the research instruments which have been used to assess men's body image (Grogan, 2016). Moreover, recruitment of participants within the last decade has expanded from focusing on college-aged men to recruiting men of other age groups, including younger boys (see Tatangelo & Ricciardelli, 2013), middle-aged men, and men in later-life (Drummond, 2003; Leichty, 2014; Slevin and Linemann, 2010). Consequently, our understanding of male body image and what influences men's body image at different age points has been vastly improved (Fawkner, 2012; McCabe, 2012). Findings from Study 1 have further gone on to expand our understandings of how men's body image may develop across the lifespan. Based on both the extant literature and findings from Study 1, it appears that different factors may influence the way men of different age groups respond to their bodies, perceptually, emotionally and behaviourally (Drummond, 2003; Fawkner, 2012; Leichty, 2014; McCabe, 2012).

The primary aim of Study 2 was to investigate further the key themes that emerged from Study 1, some of which have also appeared within the extant literature while others are novel. Given the quantitative nature of Study 2, key themes from Study 1 were transformed into suitable, measurable, quantifiable variables, namely, 'body image', 'body appreciation', 'body function', and 'belongingness'. The choice

behind labelling these variables in this way is justified in the sections below. Additionally, measures which best capture these constructs were carefully selected and their use within Study 2 is justified within the methods section of this chapter.

5.1 EXISTING WORK IN THE FIELD

5.1.1. *Body image in men*

Body image is a gendered construct, which research suggests is experienced differently by males and females (Tatangelo & Ricciardelli, 2013). One proposed explanation for the discrepancies between male and female body image is that men and women are under qualitatively and quantitatively different body-related social pressures (Dakanalis & Riva, 2013); while women have typically faced pressures to look very thin (Tiggemann, 2006), men have faced pressures to look both lean and muscular (Yanover & Thompson, 2010). Certainly standards of attractiveness for both men and women are unrealistic (Bailey, Markey, Markey, August & Nave, 2015) and have arguably become more difficult to satisfy over time; cultural exemplars for men have become increasingly muscular with time (see Baghurst, 2006; Leit, Pope & Gray, 2001), something which has been associated with a significant increase in male body dissatisfaction over the last 30 years (Farquhar & Wasyliw, 2007; Grogan, 2016).

Body dissatisfaction (BD) can be described as the negative and dysfunctional feelings one develops in response to the perceived discrepancies between current and actual ideals (Grieve, 2007; Farquhar & Wasyliw, 2007). BD is known to have adverse effects on men's psychological health (Cafri, Strauss & Thompson, 2002; Duggan &

McCreary, 2004) and has been an important factor in explaining men's drive for muscularity (DM; Dakanalis & Riva, 2013, McCabe, Fuller-Tyszkiewicz, Mellor, Ricciardelli, Skouteris, & Mussap, 2012; Penelo, Espinoza, Mariona & Raich, 2012; McCreary and Sasse, 2000) as well as being linked with a range of unhealthy and dangerous muscle-enhancing practices (McCreary, 2012). Some of the most common behavioural factors linked with body dissatisfaction in men have included overtraining (Parent, 2013), as well as over-using supplements (Parent, 2013) and steroids (Melki, Hitti, Oghia and Muffarji, 2015), all of which have proven to have negative long-term effects on men's physical and psychological wellbeing (see Kanayama, Hudson & Pope, 2009), and may be more prevalent in men with greater adherence to traditional gender norms who are more likely to develop muscle-dissatisfaction and work towards constructing a muscular body (Frederick *et al.*, 2007; Kimmel & Mahalik, 2004; Smolak & Murnen, 2008; Steinfeldt *et al.*, 2011). Men who do not conform to these ideals have often been regarded subordinate in terms of masculine identification (Drummond, 2003).

5.1.2. Body function

One of the dominant themes which emerged from Study 1 in relation to men's body image, (especially middle-aged men's body image) was the concept of body functionality. While concern with body function has been noted in young boys (see Chapter 2) it appears to be particularly salient in middle-aged and older men (see Drummond, 2003; Leichty, 2014; Slevin & Linemann, 2010) who have been found to place a greater emphasis on physical performance than body aesthetics. For example, although studies conducted in the UK and Australia by Grogan and Richards

(2002) and Hargreaves and Tiggemann (2006) have shown that boys tended to speak about prioritizing body function over body aesthetics, the theme of body function has been particularly important with respect to middle-aged and older men's bodies, especially in regard to their declining bodies. For example, in a study by Drummond (2003) in which he facilitated a focus group consisting of retired Australian men aged between 55 and 85, men voiced greater concerns regarding what their bodies could do versus how their bodies appeared aesthetically. Moreover, they claimed that they were not attempting to impress others with their bodies, but were merely happy to be alive. More recently, in a study by Leichty, Ribeiro, Sveinson and Dahlstorm (2014) in which men aged between 60 and 70 took part in individual interviews as well as a follow up focus group, participants prioritized body function over body display, voicing that an ideal body was one which was mobile and allowed one to engage in wanted activities. The trend of body function over body display was once again echoed in Halliwell and Dittmar's (2003) UK study wherein men displayed anxieties over becoming less active; and was also seen in Study 1 (see Chapter 4) in which men aged between 45 and 67 described the physical costs of gaining weight, such as being denied surgical treatment, as well as being confronted with other medical issues such as urge incontinence and the general slowdown of their bodies. It is evident from these findings that body function is a dominant theme within male body image research and relevant to men across different age groups; however, associations with body image, and differences in concern with body function in men of different age groups, remain unclear.

5.1.3. Body appreciation

Another dominant idea which arose from Study 1 (especially in relation to middle-aged men's body image) was body appreciation. Though body image research has predominantly investigated negative aspects of individuals' body image (Smolak & Cash, 2011), there has also been a scholarly interest in the positive features of body image within the last ten years (Avalos, Tylka, & Wood-Barcalow, 2005; Menzel & Levine, 2011; Piran & Teall, 2012). Positive body image has broadly been conceptualized as the thoughts and behaviors that reflect a love, acceptance and appreciation for the body (Tylka, 2011). While most of this research has been carried out on women (Tiggemann & McCourt, 2013), the concepts of body appreciation and acceptance have also emerged in research with men (Halliwell & Dittmar, 2003; Leichty, 2014; Slevin & Linemann, 2010; Tylka & Wood-Barcalow, 2015), and it has been suggested that older men may be more accepting of their bodies than younger men. For example, Leichty *et al.* (2014) found men acknowledging the irreversibility of their aging bodies, and embracing and accepting what they could not change. Similarly, in Slevin and Lineman's (2010) research, it was found that men's self-acceptance increased with age. However, in research led by Tylka and Wood-Barcalow (2015), it was found that college-aged men indicated greater body appreciation than community men i.e. those older in age and with higher body mass indexes. While this finding is an important one in highlighting some potential complexities in ways that younger and older men perceive their bodies, more work is needed to understand more fully any differences between younger and older

men's levels of body appreciation, and to investigate associations between body appreciation and body image in men.

5.1.4. *Belongingness*

Based on the interview findings from Study 1, it was also clear that men's body image was largely influenced by the security of their friendships and relationships throughout their lifespan. Accordingly, the variable of 'belongingness; was considered suitable to represent this idea within Study 2. Belongingness has been regarded as an essential human psychological need (Baumeister & Leary, 1995), in which humans are determined to form and sustain long-lasting, positive, and important social relationships. In Study 1, middle-aged men emphasized the importance of body image in relation to sense of belongingness, suggesting that having a muscular and fit-looking body was a way of gaining popularity with peers, especially for younger men, and was linked to belongingness in terms of factors such as being picked for sports teams. Additionally, some men explained how becoming divorced suddenly brought their bodies into their conscious awareness whereas they felt more relaxed about their bodies when they were still partnered, further highlighting the importance of general belongingness in relation to men's body image. Though belongingness as a concept has been of scholarly interest for over seven decades (for example, starting with Maslow, 1943), its statistical relationship with male body image has not been examined to date and warrants further investigation.

5.2 THE CURRENT STUDY

From results of Study 1 and extent literature, it appears that certain concepts are more closely associated with body image in certain age groups. For example, body appreciation and body function have predominantly been identified as relevant to body image in research with middle-aged and older men (Drummond, 2003; Leichty, 2014). On the other hand, the relationship between body image and belongingness has come forward as a central theme relating to the body image of adolescent boys and young adult men (Study 1) though little is known about how much this factor relates to body image in men in other age groups. The present study tested three hypotheses. Firstly, it was hypothesized that men with a lower sense of belongingness would display lower body satisfaction (as measured by the body areas satisfaction and appearance evaluation subscales of the Multidimensional Body-Self Relations Questionnaire-Appearance Scales; Cash, 2000) than men with a higher sense of belongingness. Secondly, middle-aged men were hypothesized to be more appreciative of their bodies than men of younger age groups. Lastly, it was hypothesized that middle-aged men would display higher body function scores than men of younger age groups.

5.3 METHOD

5.3.1. Participants

The sample consisted of 57 male participants aged 18 to 60 years ($M = 28.5$, $SD = 11.5$). According to Miller and Kunce (1973) a total of 10 observations per variable is sufficient to perform multiple regression analysis. Due to there being 5 predictor variables in the present study, a minimum of 50 participants were required. This

assumption was met since 57 participants contributed to the study. Age was the main demographic variable of interest in Study 2. However, men were also asked to specify their sexual orientation and ethnicity within the demographic survey as both variables have accounted for disparities in men's body image in the past (Morrison and McCutcheon, 2011; Ricciardelli, McCabe, Williams, and Thompson, 2007), and could impact the way men (of different backgrounds) experience their bodies through the lifespan (Slevin, 2008).

5.3.2. Measures

5.3.2.1. Body Image: Different aspects of men's body image were assessed using the Multidimensional Body-Self Relations Questionnaire-Appearance Scales (the MBSRQ-AS; Brown, Cash & Mikulka, 1990; Cash, 2000; see appendix B.4.1). The MBSRQ-AS is a 34 item self-report inventory which is an adaptation of the 64-item questionnaire devised by Cash (2000). Within the present study, the MBSRQ-AS was used to assess the cognitive and affective elements of body image. This version of the instrument consists of five subscales (each scored on a 5-point Likert scale), namely appearance evaluation, which is designed to assess how attractive, unattractive, satisfied or dissatisfied people feel with the way they look.; appearance orientation, which assesses the extent to which people invest in their bodies; body areas satisfaction, which measures how satisfied or dissatisfied people are with discrete aspects of their bodies; overweight preoccupation which measures the extent to which people feel anxious about their weight, engage in dieting behaviours and exercise eating restraint; and self-classified weight, which measures how people interpret and classify their weight. For appearance evaluation, high scores reflect positive and satisfactory feelings towards one's appearance. For appearance

orientation, high scores are reflective of placing more importance on appearance and engaging in behaviours which enhance looks. For body areas satisfaction, high scores indicate contentment with different areas of the body. For overweight preoccupation, high scores indicate greater fat anxiety, engagement in dieting and eating restraint. And lastly, high scores on self-classified weight are indicative of labelling as overweight. Cronbach's alpha for the overall instrument was .768, and individually for the five subscales as follows: appearance evaluation = .817; appearance orientation = .887; body areas satisfaction = .822; overweight preoccupation = .774; and self-classified weight = .852.

5.3.2.2. Body function. The three-body functionality sub-scales of the Embodied Image Scale (EIS; Abbott & Barber, 2009; see appendix B.4.2.), i.e. functional investment, functional satisfaction and functional behavioural-investment, were used to assess body function. The EIS is a 19 item, 5-point self-report inventory which has been designed to measure the cognitive, behavioural and affective constituents of body image, including functional aspects of the body. The body functionality sub-scale of the EIS comprises three subdivisions: functional values (3 items) e.g. 'how good I feel about my body depends a lot on what my body can do physically'; functional satisfaction (3 items) e.g. I feel really good about what I can do physically'; and functional behavioural-investment (3 items) e.g. 'I do physically active things often' (e.g. sports, hiking, exercise). Higher scores indicate greater value on, satisfaction for and behavioural-investment in functional dimensions. Cronbach's alpha for the overall functionality measure was .728, and individually for the three subscales was as follows: functional values = .603; functional behavioural-investment = .612; and functional satisfaction = .845.

5.3.2.3. Body appreciation. The original 13-item Body Appreciation Scale (BAS; Avalos, Tylka & Wood-Barcalow, 2005) was used to assess men's body appreciation (see appendix B.4.3.). The BAS, which is a 5-point Likert scale, has been designed to measure the extent to which one accepts, respects and protects one's body. Examples of items include 'my self-worth is independent of my body shape or weight' and 'I engage in healthy behaviours to take care of my body'. Higher scores indicate greater body appreciation and lower scores reflect the opposite. Cronbach's alpha for the body appreciation scale for the current study was .913.

5.3.2.4. Belongingness. Measured using the General Belongingness Scale (GBS; Malone, Pillow & Osman, 2012; see appendix B.4.4.). This is a 12-item instrument scored on a 7-point Likert scale from *strongly disagree* (1) to *strongly agree* (7). The GBS has been designed to assess a general sense of belonging. Example items include 'I have a place at the table with others' and 'When I am with other people I feel included'. For this scale, higher scores reflect a greater sense of belonging. Cronbach's alpha for the General belongingness scale for the current study was = .904.

5.3.3. Procedure

Once ethical approval was granted by the faculty academic ethics committee from the researcher's home institution (see appendix B.1 for letter of ethical approval), participants for this study were recruited using the Psychology Department's recruitment pool. Survey links were also emailed out to potential participants by the researcher. Furthermore, volunteers who had already taken part in the survey also forwarded the survey links to men they thought were suitable to participate in the

study, using a snowball method of sampling. The advertisement asked for participants who were competent English speakers and were able to read and understand the instructions in full. Upon reading and agreeing to the information provided on the information page, participants clicked the agree button as a way of consenting to take part in the present study. Upon clicking the 'agree' button, participants were navigated to a demographic questionnaire, which asked participants to specify their age, ethnicity and sexual orientation. Participants were subsequently presented with the Multi-dimensional body self-relations questionnaire, the body appreciation scale, the embodied image scale, and the general belongingness scale. Participants were expected to spend up to 20 to 30 minutes to complete the questionnaires. Upon completing the questionnaires participants were directed to a debriefing page where they were thanked for their contribution and were provided with a list of counselling resources in case they felt any concerns post-participation.

5.3.4. Data Analysis

All statistical tests were performed using IBM SPSS 23. Prior to performing any inferential statistical tests, data checks were run to assess the integrity of the data and whether these data satisfied the relevant statistical assumptions for parametric tests.

The data were initially checked for normal distribution and linearity. Normality was assessed by examining a range of outcomes, including visually inspecting histograms (see appendix B, figure 5.1.), looking at the calculated 'Z' scores of the skewness and kurtosis values (see appendix B table 5.1.) as well as

looking at the significance values from the Kolmogorov-Smirnov and Shapiro-Wilk's test of normality (see appendix B, table 5.2). Visual inspection of the histograms especially included checking for symmetry (skewness) and pointiness (kurtosis), and ensured that the bars in the histograms were not clustered at either end of the scales, as this would mean that the data were not normally distributed (Field, 2013). For more precision, z-scores were calculated by dividing the skewness and kurtosis values by their standard error (Field, 2013). According to George and Mallery (2016) skewness and kurtosis values need to fall within the range of -2 and +2 in order for the data to be normally distributed. Additionally, both the Kolmogorov-Smirnov and Shapiro-Wilk tests of normality were also conducted and required to be non-significant, i.e. $p < .05$ in order to be normally distributed; a p-value greater than 0.05 indicates that there is no significant variation between the distribution of the sample and normal distribution (i.e. it is normally distributed; Field, 2013). Linearity was assessed by examining Normal P-P plots (see Appendix B, Figure 5.2).

To perform the multiple regression analysis, additional checks were made, such as checking the data for multicollinearity, independence of observations, and homoscedasticity of residuals. Multicollinearity is when two or more predictor variables are highly correlated. High multicollinearity makes it difficult to identify which of the independent variables have more of an effect on the dependent variable. To ensure that there were no issues around multicollinearity, the variance inflation factors (VIFs) and tolerance values from the collinearity diagnostics were inspected (see appendix B, Table 5.3). The VIF reveals whether an independent variable shares a strong linear relationship with other predictor variables (Field, 2013). A VIF above 10 and tolerance below .01 have been recognised to violate the

assumption of multicollinearity (Bowerman and O'Connell, 1990; Field, 2013; Myers, 1990). An alternative way of identifying multicollinearity is through scanning a correlation matrix (see appendix B, Table 5.4). For the predictors to be multicollinear, correlations need to be above .80 or .90 (Field, 2013).

To ensure that the residuals were independent and uncorrelated with predictor variables, the Durbin-Watson statistic was checked (see appendix B, Table 5.5). According to Field (2009) a value less than 1 or greater than 3 is problematic and therefore need to be in between these two values in order to satisfy this assumption.

To perform the independent samples t-test, it was also important to ensure that the data coming from both groups of interest, i.e. younger men (18-30) and middle-aged men (31-60) shared equal variance. To determine this, a Levene's test for equality of variances was used (see appendix B, table xx). In order for the assumption of homogeneity of variances to be met, significant values needed to be non-significant, i.e. $p > .05$ (Field, 2009).

Upon completing all the data checks, a two-tailed Pearson's correlation was first performed to assess the relationships between all the variables of interest. The correlations were followed by five multiple regression analyses to see how much the predictor variables (body appreciation, general belongingness, and the three body functionality sub-scales: functional values, functional satisfaction, and functional behavioural-investment) explained variance in the five dependent variables from the MBSRQ-AS (appearance evaluation, appearance orientation, body areas satisfaction, overweight preoccupation and self-classified weight). Lastly, one-tailed independent

sample t-tests were performed to compare how participants below and above the age of 30 responded on each of the variables of interest.

5.4 RESULTS

5.4.1. Results of Data Checks

The calculated z scores for both the skewness and kurtosis values for all variables fell within the accepted range of -2 and +2 (George and Mallery, 2016; see Appendix B, Table 5.1). The significance values from both Kolmogorov-Smirnov and Shapiro-Wilk tests of normality exceeded .05 and therefore satisfied the assumption of normal distribution for most of the variables (see Appendix B, Table 5.2). Significance values for the overweight preoccupation subscale of the MBSRQ indicated slight deviations ($p = 0.45$); nonetheless, the results from these tests for a multiple regression analysis are likely to be slightly over or under the accepted threshold of 0.5 (Field, 2013). Taking this into account, a decision was made against transforming data for this variable. However, a log and square root transformation was performed for both the self-classified weight subscale of the MBSRQ ($p < .001$) and the General Belongingness Scale ($p = .003$) since both of these scales showed significant deviations from normality. These transformations were thus made to address these violations. Additionally, the functional subscales of the Embodied Image Scale showed significant deviations from normality i.e. functional values ($p < 0.01$), functional satisfaction ($p = 0.01$) and functional behavioural-investment ($p = 0.01$), though a decision to transform this data was not taken, as all other assumptions were met using this data.

All VIF values were significantly below 10 and tolerance values above 0.1, thus multicollinearity was not detected (see Appendix B, Table 5.3). Normal P-P plots

revealed a linear pattern indicating that the assumption of linearity was also met (see Appendix B, Figure 5.1). Regarding the assumption of independence of residuals, none of the values within the Durbin Watson test were below 1 or greater than 3 (Field, 2009), thus meeting this condition (see Appendix b, Table 5.4).

The significance values from all the variables indicated non-significance within the Levene's test for equality of variances, thus satisfied the assumption of homogeneity of variance.

5.4.2. Descriptive Statistics

Means and Standard Deviations for each of the measures appear in Table X.

Table 1: Means (M) and Standard Deviations (SD) for each of the Measures

	M	SD
MBSRQ Subscales (Dependent Variables)		
APPEARANCE EVALUATION	3.36	.765
APPEARANCE ORIENTATION	3.23	.822
BODY AREA SATISFACTION	3.33	.729
OVERWEIGHT PREOCCUPATION	2.52	1.06
SELF-CLASSIFIED WEIGHT	3.13	.620
Predictor Variables		
BAS	3.65	.814
GBS	4.27	.411
FUNCTIONAL VALUES		
FUNCTIONAL BEHAVIOURAL-INVESTMENT		
FUNCTIONAL SATISFACTION		

MBSRQ: Multidimensional Body Self-Relations Questionnaire, *BAS*: Body-Appreciation Scale, *GBS*: General Belongingness Scale, *EIS*: *Embodied Image Scale*

Participants generally scored around the midpoint on each of the scales (*BAS*: 5-point; *GBS*: 7 point) and subscales (*MBSRQ-AS*: 5 point; *EIS*: Functional: 5 point) used in this study as can be seen in Table 1 above.

5.4.3. Results of Multiple Regression

A two-tailed Pearson correlation was first conducted as part of the multiple regression analysis to assess the relationships between all the predictor and dependent variables. Significant positive correlations were established between appearance evaluation and body appreciation, $r(48) = .736, p < .001$, appearance orientation and functional values, $r(48) = .443, p < .001$, body areas satisfaction and body appreciation, $r(48) = .619, p < .001$, and body areas satisfaction and functional satisfaction, $r(51) = .620, p < .01$.

Significant negative correlations were established between appearance evaluation and functional values, $r(48) = -.274, p < .05$, appearance orientation and functional satisfaction $r(50) = .555, p < 0.01$, body areas satisfaction and general belongingness $r(48) = -.247, p < .05$, overweight preoccupation and body appreciation, $r(49) = -.486, p < .001$, overweight preoccupation and functional satisfaction $r(50) = -.382, p < .01$ and self-classified weight and body appreciation, $r(49) = -.254, p < .05$.

Following the correlational analysis, a set of five multiple regression analyses were performed. The first multiple-regression analysis was performed using

appearance-evaluation as an outcome variable, and body appreciation, general belongingness, functional values, functional satisfaction and functional behavioural-investment as predictors. 60.4% of variance in appearance evaluation was explained by the five predictor variables ($F(5, 44) = 13.424; p < .001$). However, it was body appreciation ($\beta = .565, t = 4.876; p < .001$) and functional values ($\beta = -.070; t = -.2.081; p < .05$) which emerged as the strongest predictors of appearance evaluation. General belongingness ($\beta = -.185; t = -1.045; p > .05$), functional behavioural-investment ($\beta = .005; t = .180; p > .05$) and functional satisfaction ($\beta = .032; t = .967; p > .05$) were not significant predictors.

A significant regression model was also found for the appearance orientation sub-scale of the multi-dimensional body self-relations questionnaire, which also utilised general belongingness, body appreciation, functional values, functional satisfaction and functional behavioural investment as predictor variables. This multiple regression accounted for 35.5% of the variability ($F(5, 43) = 4.733, p < .01$). Appearance orientation was significantly predicted by functional values ($\beta = .117; t = 2.415; p < .05$) and functional satisfaction ($\beta = -.118; t = -2.456; p < .05$). General belongingness ($\beta = -.134; t = -.469; p > .05$), body appreciation ($\beta = .001; t = .008; p > .05$) and functional behavioral-investment ($\beta = .068; t = .008; p > .05$) did not significantly predict appearance-orientation.

Another significant regression was found for the body area satisfaction subscale of the multi-dimensional body self-relations questionnaire, which again used body appreciation, general belongingness, functional values, functional satisfaction and functional behavioral-investment as predictor variables. This multiple regression accounted for 57.1% of the variability ($F(5, 44) = 11.072; p < .001$)

and indicated body appreciation ($\beta = .350, t = 2.871; p < .01$) general belongingness ($\beta = -.510; t = 2.871; p < .01$) and functional satisfaction ($\beta = .107; t = 3.054; p < .01$) were significant predictors of body areas satisfaction. Functional behavioral investment ($\beta = -.023; t = 3.054; p > .05$) and functional values ($\beta = -.016; t = -.457; p > .05$) were not found to be significant.

For the overweight preoccupation sub-scale (which also made use of the same independent variables as in the previous analyses), the five predictors explained 42.6% of variance ($F(5, 45) = 6.685, p < .001$). Body appreciation ($\beta = -.575; t = -2.859; p < .01$) as well as functional behavioral-investment ($\beta = .110; t = 2.489; p < .05$) were found to be the strongest predictors. General belongingness ($\beta = .428; t = 1.416, p > .05$), functional values ($\beta = .094; t = 1.605; p > .05$), and functional satisfaction ($\beta = -.074; t = -1.277; p > .05$) were not found to be significant predictors of overweight preoccupation.

Only 14.0% of variance was explained by the five predictors for the self-classified weight subscale of the MBSRQ and the model was not significant for this outcome variable ($F(5, 45) = 1.463, p > .05$).

5.4.4. Independent Sample t-test among Men of Different Age Groups

Participants were divided into two categories; young men (18-30 years) and middle-aged men (31-60 years). An independent samples t-test was then performed to compare the two groups on all key dependent variables. Means and standard deviations are shown in Table 2 below.

Table 2. Means and SDs for Younger and Older Men

There was only one significant difference between younger and middle-aged

Measure	Younger Men 18-30	N	Middle-Aged Men 31-60	N
	M (SD)		M (SD)	
Appearance Evaluation	3.37 (.809)	31	3.34 (.720)	23
Appearance Orientation	3.58 (.675)	31	2.75 (.775)	22
Body Area Satisfaction	3.30 (.771)	32	3.36 (.684)	24
Overweight Preoccupation	2.66 (1.08)	32	2.33 (1.01)	24
Self-classified Weight	3.09 (.665)	32	3.18 (.575)	25
Body Appreciation	3.54 (.845)	31	3.80 (.766)	25
General Belongingness	4.27 (.479)	31	4.28 (.304)	23
Functional Values	3.88 (.707)	31	3.74 (.785)	23
Functional Satisfaction	3.72 (1.05)	32	3.92 (1.03)	23
Functional Behavioural- Investment	3.56 (.921)	32	3.81 (1.03)	24

men (see Table 2). Younger men scored significantly higher on the appearance

orientation subscale of the MBSRQ than the men in the middle-aged group ($t(51) = 4.14, p < .001$). Cohen's d was calculated and a value of 1.14 was found, which is deemed to be a large effect size (Cohen, 1988, 1992). There were no other significant differences between the means from younger and middle-aged men.

5.5 DISCUSSION

It was hypothesised that men with a lower sense of belongingness would display lower body satisfaction than men with a higher sense of belongingness. Results from the multiple-regression analysis indicated a significant *negative* relationship between general belongingness and both body areas satisfaction and appearance evaluation, thus enabling us to reject the first hypothesis, and showing that men with *lower* sense of belongingness were more body satisfied. Findings from the present study contradict findings from earlier qualitative research in which men described experiencing an increase in body concerns due to a low sense of belongingness (Study 1), and raise intriguing questions about the impact that perceived connectedness with others has on men's perceptions of their bodies. Family and peers, for example, have been considered to be primary sociocultural agents responsible for transmitting cultural messages to individuals about body appropriateness (Thompson, 1999), and Jones and Crawford (2006) stated that peers can emphasise the value of body ideals and produce an appearance-culture which bring with it standards and expectations. Further research is required to investigate this interesting and unexpected finding.

In relation to the second hypothesis, it was also predicted that middle-aged men would be more appreciative of their bodies compared to men of younger age groups. There were no significant differences in body appreciation between middle-

aged men and younger men, so the second hypothesis was also rejected. In the qualitative literature, men from middle and later years have consistently been found to be accepting of their bodies (see Drummond, 2003; Leichty *et al.*, 2014; Peat, Peyerl, Ferraro & Butler, 2011; Slevin and Linemann, 2010), although only one former study has been located wherein body appreciation of younger and older men has been compared directly (Tylka & Wood-Barcalow, 2015). There is a need for further research in this area so that the relationship between male body image and body appreciation can be more fully understood, especially as data from the current study suggest that body appreciation may not vary significantly between younger and older men.

Finally, it was hypothesised that middle-aged men would display higher body function scores than younger men. This hypothesis was also not supported as there was no significant difference in body function scores between middle-aged men and men in the younger age group. This hypothesis was informed by findings from qualitative studies that have suggested that older men are more concerned with health and functional aspects of their bodies than their body aesthetics (Drummond, 2003).

While the results indicated no significant differences between younger and older men's body appreciation or body function scores, a significant difference was detected in younger and older men's scores in regard to their overall investment in their appearance. Men under the age of 30 years scored significantly higher on the appearance-orientation subscale of the MBSRQ-AS than male participants in the older age group, consistent with previous findings suggesting differences in appearance orientation in men in different age groups (Mulgrew & Cragg, 2017, Peat

et al., 2011). There are potentially more relevant comparison targets for younger men in mainstream media than there are for middle-aged and older men which may encourage younger men to invest in their bodies more than their older-counterparts (Bucchianeri *et al.*, 2013; Grogan, 2016; Mulgrew & Cragg, 2017), and messages prescribing the idealized male physique in Western society as young, lean and muscular (Leit, Pope & Gray, 2001) may have impact more on body investment of younger than older men. However, further research is required to specifically address this issue of appearance-orientation in men of different age-groups.

5.6 Strengths and Limitations

One of the primary strengths of the present research was that it generated several noteworthy outcomes, and new findings, which are worth investigating further; in particular the differences between younger and older men's appearance orientation, as well as the negative relationship between general belongingness and body areas satisfaction. The surprising finding that men who feel more of a sense of belongingness have lower body areas satisfaction is particularly interesting and worthy of further exploration. Furthermore, this study has generated results suggesting that male body appreciation is a concept which is relevant to men of a wide range of ages. With respect to the methodological aspects of the present research, the current study allowed us to assess the extent to which novel findings from recent research could be generalised to a wider population of men, including men of different age groups.

Like any other correlational study, though the present study helped identify relationships between variables it did not allow us to establish causality. For example, although body appreciation appeared a strong and consistent predictor of men's

body image across the different age groups, mechanisms behind this relationship remain unclear. Additionally, while the present study highlights a negative relationship between belongingness and body satisfaction, this requires further exploration in future research. Impact of interventions designed to enhance body appreciation on men's body satisfaction will be informative.

5.7 Implications for Future Research

The findings from the present study provide alternate explanations and perspectives on concepts derived from earlier studies. Future researchers may wish to employ research methods such as focus groups, which encourage interactions between participants to gain a fuller understanding of these concepts which appear to have different meanings for different men. The finding that more body satisfied men have lower sense of belongingness also needs to be investigated in future work to understand more fully the mechanisms at work here. Considering that the current study found a significant difference between younger and older men's appearance orientation, future researchers may also wish to examine why younger men are more invested in their appearance than men of older age-groups. Future researchers may also wish to talk to men about media depictions of men's bodies at different ages, which may shed light on this interesting finding. Future researchers may also wish to make use of the revised version of the body appreciation scale, namely, the body appreciation scale-2 (Tylka and Wood-Barcalow, 2015).

CHAPTER VI

STUDY THREE

6.1 EXISTING WORK IN THE FIELD

6.1.1. *Negative body image in men*

Body image is the way individuals perceive, feel and behave in response to their bodies (Grogan, 2016). Social recommendations for how male and female bodies should look have widely been held accountable for shaping individual body image (Xu et al., 2010). In response to these prescribed social ideals, women have generally endeavoured for thinner bodies (Tiggemann, 2006) while men have typically aspired to body types that are more mesomorph in build, that is, having well-built arms, chest and shoulders, tapering down to a slim waist and hips (Franko et al., 2015). However, male body preferences may vary (Hildebrandt, Alfano & Langenbucher, 2010) as some men may desire leaner and more slender body types (Brown, Forney, Pinner & Keel, 2017). Societal standards of attractiveness for both sexes have been deemed unrealistic (Bailey, Markey, Markey, August & Nave, 2015) and have become more difficult to satisfy with time, particularly as social ideals have become increasingly thinner for women and progressively leaner and more muscular for men (see Diedrichs & Lee, 2010).

The impracticality of satisfying the ideals cited above has often led to feelings of body dissatisfaction in both men and women (Diedrichs & Lee, 2010). For men, body dissatisfaction has traditionally been classified as a fear of being smaller and less muscular than the social male ideal (Murray et al., 2012) though this may differ

based on personal ideals. Alarmingly, the number of men feeling dissatisfied with their bodies has tripled over the past thirty-years (Goldfield, Blavin, & Woodside, 2006) now reaching 50% (Engeln, Sladek and Waldron, 2013). More recent findings indicate that as many as 60 to 80% of men feel dissatisfied with their bodies (Fiske et al., 2014; Thompson & Cafri, 2007), which is now similar to the rates described in females (Murray, Rieger, Karlov & Touyz, 2013). Some men may experience body dissatisfaction at a more psychopathological level, developing muscle dysmorphia and even anorexia nervosa based on body type preferences (Malik, Wijayatunga & Bruxner, 2014; Murray et al., 2013). To reduce the gaps between current and social ideals, men have been reported to take on dangerous and unhealthy pursuits. Some common behavioural dysfunctions include the consumption of anabolic steroids (see Murray, Griffiths, Mond, Kean, & Blashill, 2016) as well as engaging in excessive exercise (Grogan, 2016), both of which have been shown to have detrimental long-term effects on men's physical and psychological health (Bjork, 2013, Kanayama, Hudson & Pope, 2015).

6.1.2. *Positive Body Image in Men*

Despite body image literature conventionally focusing on the negative aspects of male and female body image (Smolak & Cash, 2011; Tylka, 2012), positive body image as a research area has also gained recognition over the last decade (Avalos, Tylka, & Wood-Barcalow, 2005; Menzel & Levine, 2011; Piran & Teall, 2012). As described by its pioneers (Avalos et al., 2005; Webb, Tylka, & Wood-Barcalow, 2015), a person with a positive body image is one who displays an acceptance for his or her body irrespective of the body's size and flaws; displays respect for his or her body and pays

attention to the body through engaging in health-improving behaviours; and safeguards his or her body by rejecting narrow and idealistic ideals of beauty.

While a considerable proportion of positive body image literature has been dedicated to examining female body appreciation (see Tylka, 2013), the concept of body appreciation has also been identified in recent quantitative and qualitative work with samples of younger, middle-aged and older men (Halliwell & Dittmarr, 2003; Leichty, Ribeiro, Sveinson & Dahlstorm, 2014; Slevin & Lineman, 2010; Tylka & Wood-Barcalow, 2015). For example, in a study conducted by Leichty and colleagues (2014), 15 Canadian men, aged between 60 and 70 were interviewed individually and as part of focus groups. These men reported acceptance for their aging bodies with an understanding that they could not reverse the aging process. This sentiment was echoed in Study 1 (see Chapter 4), in which participants, 45 to 67 years of age, expressed acceptance for their bodies, acknowledging that their bodies were not going to return to appearing as they used to. Similarly, in interviews with 10 older men, in their 60s, 70s and 80s, Slevin and Linemann (2010) found that men's acceptance for their bodies increased with age.

Besides accepting their bodies, men from Study 1, as well as other studies (Drummond, 2003; Leichty *et al.*, 2014) described engaging in health-promoting behaviours, satisfying another facet of the body appreciation construct. For example, in a focus group facilitated by Drummond (2003), six retired men from Australia, between the ages of 58 and 67, discussed how participating in indoor mall walking classes three mornings a week helped keep their health intact. Similarly, men in Study 1 also described doing long walks to and from work as well as walking in general to help promote their health. More recently, though, quantitative work has also

revealed *younger men* to be appreciative of their bodies as well (Chapter 4; Tylka & Wood-Barcalow's, 2015).

6.1.3. Body Image Interventions

Despite the rise in positive body image research (Tylka & Wood-Barcalow, 2015), body dissatisfaction remains a public health issue which requires intervention (Paxton, in press). Thus far, different methods have been employed to promote positive body image in individuals. For example, one way researchers have grappled with poor body image is through offering individuals cognitive-behavioural therapy (Cash & Hrabosky, 2003). This method has focused on helping individuals reshape any negative thoughts and feelings they may have towards their bodies, as well as help modify their behaviours through self-monitoring, cognitive restructuring and exposure exercises (Alleva, Sheeran, Web, Martijn and Miles, 2015). Exercise interventions (Campbell & Hausenblas, 2009) have also been employed to address negative body image. The primary purpose of exercise interventions has been to encourage individuals to focus more on the functional aspects of their bodies so that they pay less attention to the aesthetic aspects (Ginis and Bassett, 2011). Given that self-esteem has been negatively associated with body dissatisfaction (O'Dea, 2004), self-esteem enhancement programmes have also been designed to promote positive body image (Grogan, 2010). Self-esteem enhancement programmes have primarily achieved their aims through celebrating the strengths and talents of individuals, and elements which make individuals unique (O'Dea, 2012). Psychoeducation and media literacy programmes have been cited in work on the prevention of negative body image. This type of programme has been designed to raise an awareness of the causes and consequences of negative body image as well as inform individuals ways

they can resist developing a negative body image. Lastly, the aim of media-literacy programmes has been to coach individuals to look critically into and question media images (Alleva *et al.*, 2015), to reduce the negative impact of media messages on individual body image (Irving and Berel, 2003).

Efforts to promote positive body image have been ongoing for nearly two decades (Yager, Diedrichs, Ricciardelli and Halliwell, 2013), including the implementation of mixed-gender interventions (Bird, Halliwell, Diedrichs, and Harcourt, 2013; O'Dea and Abraham, 2000), as well as prevention programs exclusively designed for male and female populations. Most existing interventions have been designed to improve female body image (Winzelberg, Abascal and Taylor, 2002). These are reviewed below as such interventions could offer important insights which can be used in planning and executing male body image interventions (Henderson, 2012). This will be followed by a review of interventions used with men.

6.1.3.1. *Interventions with women*

Efforts to promote female body image have been achieved on an individual as well as societal- level (Pareskeva, Lewis-Smith, and Diedrichs, 2017; Convento, Rodgers, Franko and Jodoin, 2016; Samuel, 2015). Banning fashion models under a certain body mass index (Gauvin and Steiger, 2012) as well as using airbrushing disclaimer labels (British All Party Parliamentary Group on Body Image, 2012; Girlguiding, UK, 2010; Australian Government, 2009) are examples of some of the larger-scale social efforts made to promote positive body image in females. Small-scale, individual-level interventions have also been designed and delivered to girls and women. Most of the programs have targeted media literacy, psychoeducation, self-esteem and body comparison components, primarily because the media have been considered a

pervasive influence over girls' and women's body image, causing girls and women to make upward comparisons, experience reductions in self-esteem, and engage in dysfunctional behaviours with deleterious physical and psychological consequences (Levine and Murnen, 2009).

Considering that body dissatisfaction affects a sizeable proportion of adolescent girls (McLean, Paxton and Wertheim, 2013), adolescent girls have been the primary targets of body image intervention programs. Additionally, as peer relationships have been found to be a key predictor of adolescent girls' body image (Kenny, O'Malley-Keighran, Molcho and Kelly, 2017) peer-group formats as well as school-based settings (O'Dea and Cinelli, 2016) have been the primary choice for researchers when delivering interventions to this subgroup of females. For example, McVey *et al*, (2003) delivered an intervention called 'Girls Talk: Every BODY is a somebody' to 214 girls that were recruited from 12 middle-level schools in Canada. The aim of this intervention was to examine the efficacy of peer support groups in enhancing body esteem, self-esteem and reduce dieting. This intervention consisted of ten sessions, in which interactive group exercises were developed to stimulate discussions among girls on a range of topics, including risks related to the thin ideal and adopting a healthy lifestyle. Results indicated an improvement in weight-related esteem and a reduction in dieting behaviours.

Thompson *et al*, (2012) administered a peer-based intervention called 'Go Girls' in which 63, 13 to 14-year-old adolescent girls from an all-girls junior high-school in Western Canada took part. This five-part, peer-support programme aimed to see what effect peer-support had on girls' body satisfaction, weight-related behaviours, internalization of media ideals, weight based teasing and communication

post-intervention. Results showed decreased internalization of media ideals and increased body satisfaction at post-intervention. Steese and colleagues (2006) utilised a peer context. They administered a nine-part peer-based intervention to 63 ten to 17-year-old girls from across the U.S. and Canada called 'Girls Circle'. The intervention aimed to explore body-related messages girls encounter in their day-to-day lives and required participants to brainstorm ways they could resist and react more responsibly to these messages. Results showed significant improvement in body satisfaction, perceived social support and levels of self-efficacy in girls post-intervention.

As can be seen, all three of the peer-based interventions above demonstrated success in improving adolescent girls' body image. Moreover, participants in McVey *et al* (2003) study reported that they felt empowered by the group experience and that the sessions provided them with a sense of belonging, feeling connected with the other girls in the group, and that they could relate to them. McVey *et al*'s (2003) work is also supported by Ciao, Latner, Brown, Ebner and Becker (2015) who found that up to 60% of girls in their prevention programme thoroughly enjoyed being part of the group experience. In consideration of this feedback as well as the outcomes from the abovementioned studies, it seems that using a peer-based approach is certainly an effective way of alleviating female body-dissatisfaction. Since peer-environments are also reported to impact male body image (Kenny, O'Malley-Keighran, Molcho and Kelly, 2017) it could be that peer-based interventions (like the ones mentioned above) may demonstrate similar levels of success for male samples as they have done for female samples. These studies would however need to be modified since differences in peer-experiences have been identified, especially in

terms of the type of conversations boys engage in as well as the appearance-standards against which they are judged (Tatangelo and Ricciardelli, 2017).

Internet-based interventions have also been employed to improve female body image. Researchers have outlined several advantages of using this intervention style, including highlighting its suitability for individuals who are not able to easily travel to the intervention (Rochlen, Zack, and Speyer, 2004; Winzelberg, Luce, and Abascal, 2004) as well as the level of anonymity and confidentiality the method promises (Liebert, Archer, Munson and York, 2006). One example of an internet-based body image prevention programme is Heinicke, Paxton, McLean and Wertheim's (2007) 'My Body My Life', which was delivered to 73 13 to 14-year-old girls from Victoria, and New South Wales, Australia. This intervention was an adaptation of an earlier intervention delivered to women called 'Set your body free' by Paxton and Colleagues (2006). Like 'Set your body free', 'My Body My Life' was based on cognitive behavioural principles and aimed to improve the self-identified body image and/or eating problems of the girls in the study. Six weekly 90-minute small group synchronous on-line sessions were run. Participants were provided with an intervention manual consisting of psychoeducational material and self-help intervention activities. As part of the preparatory work, girls were asked to read the material and complete the activities within the manual prior to each session so that they could subsequently discuss the content. Girls in the intervention group demonstrated a significant improvement in their body dissatisfaction, disordered eating and depression subsequent to the intervention and maintained at a two-month follow-up.

Like the girls in the face-to-face peer-based intervention programmes, girls in the chatrooms were also greatly supportive of each other and were surprised by the extent to which they could relate with one another. Girls also expressed feeling reassured knowing they were not alone in feeling the way they did about their bodies. Based on the pattern of results from both the face-to-face and online intervention programmes, it is apparent that relatability in terms of body-related experiences and distress is a key predictor of improved body image in female samples. Furthermore, group interventions seem to elicit an empathic and supportive side to girls, which could have a positive effect on their own and peers' body image.

While these interventions have demonstrated success with female samples, there appear to be elements which might not necessarily work with boys and men. For example, individuals that volunteered for the 'My Body My Life' programme self-identified as having body image or eating problems. Based on the popular belief that men are reluctant to seek-help (Juvrud and Rennels, 2017), as well as body image being socially constructed as a 'feminine matter' (Hargreaves and Tiggemann, 2006), men may not wish to discuss their body image issues in a group format. In addition, they may not be accustomed to offering the same level of support and empathy to other male participants as female participants have been observed giving fellow female participants. However, those wishing to improve male body image could adapt interventions like 'My Body My Life' for male samples given that many forms of masculinities exist, some of which may be compatible with proactive help-seeking and the sharing of their vulnerabilities. For example, men from Study 1 (see Chapter 4) appeared to be very comfortable in sharing their body image narratives and

experiences with the principal investigator. This is promising and demonstrates that certain aspects of female body image programmes can have the potential to generate similar results in intervention work with boys and men.

6.1.3.2. Interventions with men

Though limited, there is work which exclusively addresses the design and assessment of intervention materials for boys and men (See Appendix C, Table 6.1). For example, McCabe *et al.*, (2010) developed and delivered a body-image programme to adolescent boys, which aimed to improve their self-esteem and peer-relations. Different topics were covered in each of the five separate sessions, all of which were presented to students in a didactic way, using worksheets, small group discussions, role-plays, group work and puzzles. Topics covered in the sessions included an emphasis on individual differences, communication skills, social skills, coping skills, and a recap session. Results demonstrated the intervention to be ineffective. Based on the reflections of the researchers, boys in their early adolescence may not be as focused on their bodies as boys in later adolescence (Thompson and Cafri, 2007), therefore the messages communicated to the boys during the intervention may not have been sufficiently self-relevant to bring about changes in their body image. Despite the concerns of McCabe and colleagues (2010), there is some evidence of earlier intervention work with adolescent boys which has shown to be successful (see Stanford and McCabe, 2005). While age cannot be used to explain these differences, as both studies included samples of boys of the same age, the ineffectiveness of this programme was considered to result from the participation of boys who may not have required the intervention (McCabe *et al.*, 2010). This was supported by

evidence from McCabe *et al.*, (2010) showing that participants who were more dissatisfied with their bodies appeared to display greater satisfaction upon completing the intervention programme.

Intervention work with older male samples may be more effective than those with younger boys, and this has been shown in recent literature., Firstly, male undergraduate students within Henderson's (2012) psychoeducation programme demonstrated improvements following the programme in areas such as muscle attitudes and general body image attitudes; increases in media scepticism; and reductions in self-objectification and internalising behaviours post-intervention. Similarly, a more recent dissonance-based programme (*The Body Project: More Than Muscles*; Brown and Colleagues, 2017), which aimed to lessen risk factors associated with eating disorders and muscle-dysmorphia in 18 to 30-year-old men, illustrated reductions in body-ideal internalization, dietary restraint, bulimic symptoms, drive for muscularity and muscle-dysmorphia symptoms post-intervention.

Despite the suggestion that boys may not focus on their bodies until later adolescence (McCabe, Ricciardelli and Karantzas, 2010), some research has posited that boys may form a body image as young as in their preschool and preadolescent years (Lowes and Tiggemann, 2003; Ricciardelli, McCabe, Lillis and Thomas, 2006). Furthermore, parental influence has been considered being instrumental in the development of boy's body image (see Chapter 2), for which reason parents have also been targeted for interventions. For example, McCabe, Mellow and Mealey, (2016) designed and delivered a two-part educational program to parents of 118, three to six-year-old preschool boys in Melbourne, Australia. This programme aimed

to increase parents' knowledge of how they may influence their preadolescent boy's body image, as well as increase their own levels of body appreciation, given the element of parental modelling. Results from this program demonstrated increases in both targeted areas.

Table 6.1 summarises intervention studies with boys and men, identifying participants, intervention and outcomes (see Appendix C, Table 6.1).

6.1.4. Statement of the Problem

Despite the growing interest in middle-aged and older men's body image (Drummond, 2002; Jankowski *et al.*, 2016; Leichty *et al.*, 2014; McGuinness and Taylor, 2016; Mulgrew and Cragg, 2017; Peat *et al.*, 2011; Reddy, 2013; Slevin and Linemann, 2010) existing prevention programs have only targeted school and college-aged men (see above), and most positive body image intervention programmes have been aimed at girls and women. This is problematic as body dissatisfaction may be a problem in men of older age groups, which we may be unaware about, and which if not addressed, could possibly have similar negative physical and psychological outcomes as evidenced in younger male populations. Additionally, men of different age-groups may have concerns which are unique to their different age-groups, and therefore issues addressed in existing intervention programmes designed for adolescent boys and young adult men (Brown *et al.*, 2017; McCabe *et al.*, 2010; Stanford and McCabe, 2005) may not be effective in alleviating negative body image in men of older age-groups.

This study was designed to redress these shortcomings by investigating what men would like to see in a body image intervention programme. The aims of Study 3 were twofold. Study 3 first aimed to investigate the views of men from a range of

age-groups in respect to the qualitative and quantitative models produced in Studies 1 and 2. Study 3 also aimed to discuss how positive body image could be promoted in boys and men.

6.2 METHODS

6.2.1. *Focus Groups*

Focus groups have been considered as an effective research strategy when designing health interventions, pretesting materials for interventions, as well as identifying a series of suitable steps for putting an intervention into effect (Ayala & Elder, 2013; Chapter 3). Certainly, focus groups are useful for obtaining feedback (Madriz, 2003) and allowing researchers to see how the population of interest views, recognizes and regards a specific subject, which is imperative when designing interventions. This is relevant to the present study, considering that the aims were to investigate the views of men in different age groups in respect to the qualitative and quantitative models produced in Studies 1 and 2 and potential interventions to improve men's body image.

6.2.2. *Participants*

Men in Study 3 were recruited using a convenience sampling method. Men were recruited from colleagues of the principal investigator to ensure that rapport was easy to establish, and to ensure that there was also less of a power imbalance between the researcher and the men in the focus groups given that the principal investigator knew the participants beforehand. Nine men, aged between 18 and 75 years took part in three separate focus groups. One group of three, one group of four and one group of two participants. Participants came from both London and Manchester, U.K and involved men who belonged to a range of different ethnic

backgrounds, including African (n = 1), White Caucasian (n = 2), Mediterranean (n = 1), Indonesian (n = 1), Middle-Eastern (n = 2), South Asian (n = 2) and East Asian backgrounds (n = 1). Eight men identified as heterosexual and one as homosexual. One group of men worked within airport beauty retail, one group of men worked within local beauty retail and the last group consisted of a retired man and his son, also staff at a U.K. airport. Five of the men reported to be single, two in a relationship, and two married with one child. See Table 6.2 (Summary of participant information) for description of participants including pseudonyms allocated to protect anonymity.

6.2.3. Materials and Apparatus

The current study made use of the following materials: a poster (see Appendix C.2) to advertise the study and invite potential recruits; an information sheet (see Appendix C.3) so that participants were able to make informed choices about whether or not they wanted to volunteer; a consent form (see Appendix C.4) so that those taking part were fully acquainted with the different aspects of the study and were happy to proceed with participation, and a focus group proforma (see Appendix C.5), which guided the moderator during the group interviews. The proforma comprised of open-ended questions based on all important themes which emerged from Studies 1 and 2 (see Chapters 3 and 4), that is, body awareness; interpersonal attraction; general belongingness; body function; body appreciation and appearance orientation. The focus group proforma also made participants aware of ground rules for participation in the focus groups, such as respecting each other's opinions and making sure that no information shared during the focus group was shared with anyone outside of these group discussions.

Participant quotes (see appendix C.6) from Study 1 were printed and laminated on small pieces of card for participants to pass around during the group interview, which also served as stimuli for the focus group. A debrief letter (see appendix C.7) was issued to participants at the end of each group interview, which thanked volunteers for their involvement in the study and which provided details of the research team. The debrief letter also signposted participants to different counselling services in case they had any concerns after participation. A smartphone (Apple iPhone 7 plus) was used to record all three group discussions.

6.2.4. Procedure

Approval to carry out this research was obtained from the Faculty Ethics Committee at Manchester Metropolitan University. A total of three focus groups were facilitated by the Principal Investigator. Upon participant agreement, both moderator and participants discussed convenient locations to carry out the focus groups. Regarding the first focus group, this took place in Aaron and Elijah's home. Not only was this location convenient, but it was quiet and private. In consideration of participants' work-shift patterns, members of the second focus group, namely, Liam, Ethan, Lucas and Mason, found it convenient to be interviewed at a coffee shop within the airport terminal they worked in after their work hours. To ensure privacy, the group discussions took place in a secluded section of the coffee shop. Lastly, members of the third and final focus group, Jamal, Carter and Andrew found it suitable to be interviewed in the café bar section of the department store they worked in during their lunch break.

Prior to conducting any of the group interviews, the facilitator ensured that all involved in the research were comfortable and relaxed. Participants were not rushed and were given an opportunity to speak about general things before proceeding with the focus groups. Coffee was also provided for participants in focus groups one and two. The fact that participants within each focus group knew each other ahead of time certainly helped with the rapport building aspect of the group interviews, and is something which reflected in the way that participants subsequently responded to questions and interacted with each other during the group interviews. Participants were reminded of the key characteristics of the research and made aware of the ground rules outlined in the focus group proforma.

Within these focus groups, statements by participants in Study 1 regarding their body image experiences at different time points were first presented to current research participants on pieces of laminated card. With each card presented, participants were asked whether they felt they could relate to the quote and whether they believed the quote could be generalised to men in the general population.

Participants were then verbally informed about findings which appeared to be statistically significant in Study 2. Upon presenting these findings to the participants, the researcher encouraged participants to provide their views on both set of findings, as well as make suggestions on how positive body image could be promoted in men. Upon completing the focus group discussions, participants were debriefed and thanked for their involvement within the study.

6.2.5. Data Analysis

The length of each focus group varied between 60 and 90 minutes. All three focus groups were transcribed verbatim and analysed using deductive thematic analysis

(Braun & Clarke, 2006). Deductive thematic analysis has been described as a form of thematic analysis in which a researcher's theoretical interest on the topic determines his or her analysis (Braun & Clarke, 2006). Regarding the present study, the Principal Investigator inspected the data closely and thoroughly for patterned responses or themes relevant to the findings from both Studies 1 (see Chapter 4) and 2 (see Chapter 5) as well other relevant work relating to boy's and men's body image. The Principal Investigator first read through each of the transcripts and highlighted features of the data he found shared a close resemblance to the interview data in Study 1 and statistical findings in Study 2, as well as highlighting any unexpected findings. Commonalities and differences between younger and older men's body image was noted and carefully considered when identifying themes for the current study, as well as generating ideas for appropriate future male body image interventions. A total of five themes were identified, namely *'The Unaware Body; The Noticing Body; The Sporting Body; The Motivated body; and The Self-Accepting Body*. All the themes were overseen, validated and approved by all members of the research team, including the Director of Studies and second research supervisor who also contributed to the analysis.

6.3 RESULTS AND DISCUSSION

6.3.1. Summary of findings

The aim of the current study was to investigate the views of men in different age groups in respect to the qualitative and quantitative models produced in Studies 1 and 2, and potential interventions to improve men's body image. Based on the dialogue between the men in the focus groups, many predictive factors and ideas

relating to male body image were identified. Irrespective of belonging to different age-cohorts, men in the focus groups held similar views about body image, especially in relation to body image at different time points. Consistent with men's narratives in the focus groups, preadolescence was not marked by appearance concerns. However, men did report to become aware of their bodies during their early adolescence as a result of observing and being in close proximity with other bodies. Appearance was described by some of the participants as being crucial in shaping peer-attitudes during adolescence, while other men considered physical capabilities to be more important in being accepted by peers, especially regarding sport participation. In negotiating middle-age, men strongly believed that the social male ideal was attainable if men were truly determined to achieve it, though were understood to confuse the idea of a positive body image with body-enhancement. Furthermore, body functioning and body appreciation were not age-dependent, but appeared to resonate with men across the different ages. When asked to provide suggestions on how to promote positive body image in men, participants suggested that 'men should speak more about their body image', 'relate to media figures which align more closely to their own body types', and 'prioritise their health over their appearance'. Given that adolescence was identified as the most vulnerable age-group, a template for a hypothetical body image intervention programme was designed at the end of this study, addressing issues men reported relevant to their body image as adolescent boys.

6.3.1.2. Theme One: The Unaware Body

When discussing the preadolescence phase, most men across the focus groups identified this to be a time where they were not preoccupied with their physical appearance. For example, Liam said:

Liam (18 Focus Group 2): *at that age I wasn't really aware of my body. I just wanted to enjoy my life.*

Similarly, other participants across focus groups one and three said:

Andrew (61 FG 3): *you haven't experienced anything*

Elijah (28 FG 1): *you are not aware of the world really, you're still cocooned...*

Jamal (22 FG 3): *at that age, you have no concept of physical health, and also attraction, of yourself, or of what you are attracted to. Therefore, it isn't really an issue at that age really.*

While Andrew and Jamal attribute a lack of experience and lack of knowledge as the reason for preadolescents not being able to develop a body image, Elijah uses the term 'cocoon', referring to the idea that children are swathed in some protective and comforting way, which keeps them from developing a concern with body image. When participants were asked about what they *were* concerned about at that age, Carter (25, FG 3) responded, '*I was thinking of being erm, star-trek captain of the enterprise, err I was also thinking about being doctor who*', Liam (18, FG two) added '*just being noisy.*' Even though these quotes are in accord with Study 1 findings, they are at variance with other existing research (Dunn, Lewis and Patrick, 20; Truby and Paxton, 2008). For example, nearly 30 to 50% of preadolescent boys recently reported to feeling dissatisfied with their bodies in Dion *et al*, (2016) and Jongenelis, Byrne, & Pettigrew's (2016) studies. Furthermore, nearly 50% of boys aged between

eight and 11 in Ricciardelli, McCabe, Lillis and Thompson's (2006) research were found participating in muscle-building practises, revealing a completely different pattern of results to what emerged in Studies 1 and 2.

However, while most men within the focus groups agreed that their preadolescence was not a time where they were conscious about their bodies, one participant, Ethan, described that he was in fact aware of his body even in his preadolescence. He stated:

Ethan (26 FG 2): *for me it was like, around that time, when I noticed I was clearly bigger than, you know, other kids...there was a little bit of teasing saying that I was the 'big guy' or 'the giant' of the group.*

Ethan's quotes seem to reflect that though preadolescent boys may not have an instinctive awareness of their bodies in their preadolescent years, they surely can be made conscious of their bodies through the way others interact with them. He specifically ascribes peer teasing and commentary for initiating his body concerns. While Ethan's experience does not resemble the experiences of other men in the focus groups, there is empirical evidence which highlights positive associations between negative peer appearance commentary and the negative evaluation of one's personal appearance in boys (see Jones & Crawford, 2006).

6.3.1.3. Theme Two: The Noticing Body

According to participants' narrative, men began to develop an awareness for their bodies during their early-adolescence, a time point where boys usually begin to experience bodily changes (Ricciardelli and Yager, 2016). In the current study, participants discussed how during this time noticing other people's bodies as well as

having their own bodies noticed by other people largely contributed to becoming aware of their bodies. For example, Elijah said:

Elijah (28 FG 1): *people start noticing things about your body and it makes you more conscious.*

When Elijah says, '*people start noticing things about your body*', it is possible that he is referring to the inevitable bodily changes which come with adolescence. According to Slee, Campbell and Peers, (2012) it is normal that physical changes bring adolescents' bodies into their focus and make them feel self-conscious. When Elijah mentions '*people*' in his statement as a reason for becoming '*more conscious*', it seems that one's interaction with others (presumably same-sex and/or opposite-sex peers) may contribute to the awareness and understandings adolescent boys develop of their bodies (see Kenny, O'Malley-Keighran, Molcho and Kelly, 2017).

Carter makes a similar point in the next quote, though he goes beyond speaking about own awareness as a result of people's reactions, and discusses how evaluating other boys' bodies in general may cause boys' to reflect on their own bodies, for example:

Carter (25 FG 3): '*secondary school I think is probably the first time that you come into err, nudity with other people, of course proximity, and I think that's when you started seeing differences in people, not only your own awareness but that other people are different.*'

Carter here states that seeing other naked bodies and being physically close with them may initiate body awareness. He also mentions how secondary schools are spaces where body concerns are first introduced. Both ideas reappear within the next extract:

Liam (18 FG 2): *'...being in high school, when I was like in the PE changing rooms and like getting changed.'*

Like Carter, Liam also mentions high-school (secondary school) as a pivotal site for developing body awareness, especially through observing other boys' bodies and being close to them in the changing rooms. More research is needed to explore the effects of changing rooms on boy's body image, especially how being exposed to other boy's bodies may influence one's perceptions of their own bodies during adolescence. It appears that body consciousness in adolescent boys is activated through peer evaluation and appearance-comparison. Furthermore, schools are spaces where body awareness is initiated.

6.3.1.4. Theme three: the sporting body

When the topic of physical appearance and sport participation was discussed, some participants described how due to perceived physiological limitations (such as height and weight) they were disadvantaged on the playfield. These included peers being reluctant to select them to play on their team, as well as being assigned a fixed position on the field because of their body size. For example, Mason in the second focus group expressed:

Mason (33 FG 2): *'I have been that guy that's, picked last... probably because of, yeah my height'.*

This supports findings from Study 1 (see Chapter 4), in which men claimed that if their bodies did not look a certain way, they 'weren't in'. Similarly, Ethan made an interesting point about how his body determined what position he would be allocated on the field. For example,

Ethan (26 FG 2): *I would be picked on a team like quite earlier on, 'cause of my size. So it was the other way around. Since I was a big guy, therefore I would be good at being goalie, and only goalie. They would never pick me- they'd pick me first, only for that reason. They wouldn't pick me for anything else. Like I wouldn't be striker, I wouldn't be, whatever position there was, no defender, straight away be, goalie.*

It is clear from both Mason and Ethan's comments that teammates attached different significance to Mason and Ethan's bodies, which then had obvious consequences their involvement in playing sport with their peers. Not only do these findings mirror the outcomes from Study 1, but they also correspond to the findings from Birbeck and Drummond's study (2006), in which five to six-year-old boys from Adelaide, South Australia were found associating bigger bodies with better physical competence, such as playing better football.

Elijah thought otherwise:

Elijah (28 FG 1): *'... it was just purely about ability, if you were good at football then, you'd get picked first, if you weren't then you'd get left.'*

As can be seen above, some adolescent boys may attach negative connotations to certain body types which result in unwanted consequences, including being picked last for a team (Kenny *et al*, 2017) or restricting them to certain positions on the field of play. On the other hand, some adolescent boys may not judge their peers physical abilities based on appearance, thus possibly leading to fewer body image concerns. Since appearance and ability are two separate things that do not rely on each other, it is important that adolescent boys are taught to make this distinction. By doing so,

adolescent boys may be more welcoming to boys of different shapes and sizes and in turn increase levels of body satisfaction in peers.

6.3.1.5. Theme four: the motivated body

Discussing body image of middle-aged men especially in terms of their changing priorities and body-neglect stimulated an interesting conversation amid the men in the focus groups. In speaking about the challenges relating to midlife, men in the study strongly believed that men can maintain their bodies if they want it enough.

For example, Lucas in the following extract says that people who are not confident or active in achieving their goals or believing in themselves often provide explanations to justify their faults. For example:

Lucas (28 FG 2): *'...I think a lot of people-the thing with people, is err, when it comes to weight, is, err, is mostly excuses, because it is laziness and lack of confidence, and willing to believe yourself that you can do it, it's all a mindset.'*

The idea of making *excuses* and being *lazy* surfaced again in following two quotes, for example:

Jamal (22 FG 3): *'If you want a certain body, you go out and you achieve it. And you can't make excuses, like a lack of gym memberships or relationships, or anything like that, if you want to do it, you will make it work.'*

Aaron (75 FG 1): *...lazy*

Like Lucas, Jamal and Aaron, Carter in the following quote makes a similar point. For example:

Carter (25 FG 3): *'he's not really that arsed about going to the gym...he's not truly motivated to go to the gym. He doesn't want it enough.'*

While Carter did not disregard any of the challenges men may face in their midlife, he did, like Jamal, imply that men may lack the drive to achieve the body they want. The concept of motivation and drive is again echoed in Andrew's comment when he says, *'you can do it, if you want to, but you have to want to.'* Further research is required to assess this unexpected finding.

Based on these findings, the following template was designed to address potential issues relating to adult men.

6.3.1.6. Theme 5: the self-accepting body

While in Study 1 as well as previous work body acceptance has predominantly been a feature of older men's body image (Drummond, 2002; Leichty, 2014; Peat *et al*, 2011; Slevin & Lineman, 2010), participants in the current study, irrespective of their age were found to be accepting of their bodies. In fact, Liam, who was the youngest candidate (18 years of age) across the focus groups said *'well thank god I am beginning to embrace myself right now...'*, when he learnt that body acceptance came to the men from Study 1 in their later years. Carter who is seven years Liam's senior and Elijah who is ten years older than Liam were also found to be accepting of their bodies. For example:

Carter (25 FG 3): *'I think you have to come to terms with the things that you can change and the things you cannot change.'*

Elijah (28 FG 1): *'I'm definitely comfortable with myself, I wouldn't sit there and worry about it and cry about it.'*

Aaron who is in his 70s also revealed that he had made peace with his body. For example:

Aaron (74 FG 1): *it is very true. I don't care about looks...*

These findings support data from Study 2 (see Chapter 5) in which no discrepancies were found between the body appreciation levels of younger and middle-aged men. However, Andrew's comments below provide support for Study 1 results, which found men becoming more comfortable with their bodies in their later years than in their younger years. For example:

Andrew (61 FG 3): *I am very comfortable with being me, I think I'm a great me. Way more than I was when I was in my 30s. I am more comfortable than I used to be.*

The above quotes come to show that although media depictions of the male body may have become progressively muscular across the last few decades (Leit, Pope and Gray, 2001; Pope *et al.*, 1999), the concept of body acceptance has also become more salient in research findings with male samples. For example, Slevin and Linemann (2010) found that men became more accepting of their bodies as they aged. Similarly, men in Leichty *et al.*, (2014) were aware that they could not reverse the aging process and had therefore 'made peace' with their bodies, an idea which was also shared by men in Study 1. Interestingly, Carter made a point above about men coming to terms with things they cannot change about their bodies. This is a crucial point as it is suggesting how body acceptance can be reached in men, irrespective of age. Considering that this is an idea which has been reflected on by men across both the qualitative studies in this PhD, this information should certainly be utilised to inform future body image interventions with men, especially those aiming to increase men's levels of body appreciation. A similar approach has been taken by Henderson (2012) in his body image intervention targeting college-aged men. For example, an aspect of this intervention included explaining to men how physiology may impact the

plasticity of the body, including natural distribution of weight, height and size, and biological limits to altering the body.

6.3.2. Participant Suggestions for Promoting Male Body Image

When men in the focus groups were asked to provide recommendations on how to promote positive body image in men, participants provided different suggestions. Among these different suggestions, the idea that *'men should speak more about their body image'* was agreed on by two participants across focus groups one and two. For example, Elijah (28) at the end of the first focus group suggested *'I always think that talking is better than keeping it in'*. Similarly, Liam (18) from focus group two recommended that *'it (body image) is something we should discuss often'*.

Participants were also found making suggestions bearing media influences in mind. However, their recommendations were not suggestive of being sceptical about media images, rather they recommended that boys should find media figures they feel they can relate to in terms of body shape and size. For example,

Mason (33 FG 2): *'I think, most important thing is, to just find somebody to relate to. You can find that one role-model, umm, then you have no reason to be, well- if they can do it, why can't you do it sort of thing!'*

Furthermore, Ethan (26 FG 2) expressed how observing rock stars with bigger bodies helped him accept his own body shape and size. For example,

Ethan (26 FG 2): *'When you hear rock 'n' roll, everyone is totally skinny and you know, tall... but since I found metal, looking at the majority of people, they are like big dudes, so I had a choice of going really skinny, to being a big guy, and that's when I accepted to being big.'*

Mason also expressed how observing a wrestler helped him accept his short height.

For example:

Mason (33 FG 2): *'the height thing went-went away...I looked up to him 'cause he was like this little wrestler, and he became world champion and then...as soon as he did that, I was like, you know what, doesn't matter, so, from then on I didn't really care about my height.'*

Besides the propositions made above, participant suggestions also included that boys and men should prioritize their health. For example,

Elijah (28 FG 1) said: *'just be aware you have got one body and you need to look after it, health-wise. You-you need to try and be healthy.'*

Similarly, Aaron (74 FG 1) spoke about body function emphasizing *'it's your body, you need to look after it'*. While Elijah and Aaron suggested stressing the importance of a healthy body to boys and men, Liam (18 FG 2) went on to suggest societal-level changes which may help promote positive body image in men, such as the offer of free gym memberships to men.

6.3.3. Adolescence: the most vulnerable age-group

Among the different life stages which were covered in the focus groups, adolescence was identified as the most vulnerable developmental stage in terms of boys' body image. As noted in the sections above men described adolescence as one particular timepoint where their bodies were at the forefront of their conscious awareness due to reasons described in section 6.3.3.1., whereas this kind of awareness was not present in men's earlier developmental stages, nor did body image appear to be of great concern in subsequent life stages. As noted in section 6.3.1.2., men in the focus groups did not identify their preadolescence as a time wherein they were concerned

about their bodies. Based on these explanations, it was considered inappropriate to design a body image programme targeting boys of this age-group. The young adult men, middle-aged men and older men within the focus groups, all generally expressed an acceptance for their bodies, and therefore were also not considered suitable targets for any sort of body image intervention.

6.3.3.1. Predictors of negative body image in adolescent boys'

All the reasons ascribed by the men in the focus groups in regard to becoming aware of their bodies during adolescence were in some way associated with their relationships with peers and were described to take place within secondary school settings, such as the school changing rooms and school playground. As noted in sections 6.3.1.3. and 6.3.1.4., men discussed how others' evaluations of their bodies caused them to feel self-conscious about their own bodies. Additionally, men shed light on how their own observation of their peers' bodies and being physically close to their peers' bodies led them to draw appearance comparisons between their own and their peers' bodies. Some men also went on to discuss how the appearance of their bodies affected their sporting activities with peers, including opportunities of being selected on sport teams as well as the positions they secure on the playfield.

6.3.3.2. Programme details for potential body image intervention for adolescent boys'

Based on the risk factors identified in the section above, the principal investigator has designed a template which aims to improve adolescent boys' body image, through a) reducing appearance comparisons and b) improving peer relationships amongst adolescent boys. Given that the targets for this intervention are adolescent

boys, secondary schools are considered appropriate sites for the dissemination of this programme, especially as secondary schools grant access to large groups of adolescents (Diedrichs and Halliwell, 2012).

Considering that the intervention is designed to be delivered in a school environment, it is appropriate that the current intervention programme is led by teachers. Teachers have been found to substantially increase the availability of intervention providers (Kipela *et al.*, 2014) given the challenges in recruiting expert clinicians to carry out this task (Stice, Rohde, Durrant, Shaw and Wade, 2013). In terms of the gender of the teacher disseminating this intervention, this programme may be delivered by either a male or female teacher, as in a recent study by Yager, Diedrichs and Murray (2013), it was found that men had no specific preference for either male or female teachers in regard to the dissemination of school-based intervention programmes. In this study men explained how the content and nature of the sessions were more important than the gender of the teacher providing the intervention (Yager *et al.*, 2013). Furthermore, programmes delivered by male researchers have found to be effective in improving boys' body image in mixed-gender classes (Wilksch and Wade, 2009) therefore should not be limited in delivering intervention programmes to boys. While teachers have been considered as useful substitutes to professional experts in terms of cost and availability (Kipela *et al.*, 2014), teachers may be less confident in delivering intervention material to students due to the lack of resources and training (Ricciardelli, Yager, Paxton, McCabe, Mussap and Toumbourou, 2010). For this reason, the current programme aims to provide teachers with the necessary background information on the risk-factors associated with adolescent boys' body image as well as provide appropriate

resources, including age-appropriate body image instruments so that teachers can feel more confident in delivering the current programme.

This suggested programme will run for three sessions. Each session will be dedicated to addressing a different aim identified in section 6.3.3.6.1. There will also be a recap session in the end. In their review of classroom-based interventions, Yager, Diedrichs, Ricciardelli and Halliwell (2013) reported that the average length of time for a successful body image programme came up to 5.02 hours, and that programmes which exceeded this length were not necessarily any more effective than shorter intervention programmes. The idea that a longer intervention is not necessarily any more effective than a shorter intervention is supported in intervention work with adolescent boys. For example, Stanford and McCabe's (2005) intervention was three sessions shorter than McCabe and colleagues (2010) prevention programme though was more successful in improving adolescent boys' body image. In consideration of the limited time and classroom space, as well as the teachers lack of confidence in delivering intervention programmes to students (Ricciardelli *et al.*, 2010), the current programme has been designed comprising of only three sessions.

Summary Table of Potential Body Image Programme for Adolescent Boys

Session Number	Aims	Content	Processes
One	To reduce appearance comparisons	Explaining what appearance comparisons are.	Teacher presentation Worksheets

		Informing participants of the negative consequences of appearance comparisons. Teaching adolescent boys what they can focus on instead of appearance comparisons, such as focusing on internal characteristics e.g. body function.	Brainstorming healthier alternatives to drawing appearance comparisons.
Two	To improve peer-relationships and reduce peer victimisation in sports context.	Separating 'appearance' from 'physical skill'.	Brainstorm features they appreciate in their friends in terms of skills overlooking peers appearance.
Three	Recap session	-	-

6.3.4. Strengths, Limitations and Avenues for Future Research and Practice

Not only did the findings from the present study enable the Principal Investigator to draw comparisons between the current data and findings from Studies 1 and 2, it also provided contrasting views on existing themes, broadening understandings of the way men see factors that are possibly predictive of men's body image. For example, while men in Study 1 held domestic responsibilities accountable for

neglecting their bodies during midlife, men in Study 3 described this as ‘excuses’, and proposed that if anyone wants something, they will pursue it regardless of their circumstances.

The fact that each of the focus groups comprised of men of different ages, the principal investigator was also enabled to observe similarities and or differences in the way men of different age groups perceive and behaviourally respond to their bodies, which would be informative when designing interventions.

In terms of limitations, the present study could have included a more diverse population of men in terms of their occupation and sexual preferences. For example, eight out of ten men who did take part in the current study belonged to the beauty retail profession. This potentially limits the generalisability of these findings to men only belonging to the retail profession. Additionally, all men excluding one participant identified as being heterosexual. Considering the differences reported in heterosexual and homosexual men’s body image experiences (Jankowski, Diedrichs and Halliwell, 2014) the designed interventions in the current study may not be suitable for sexual minority men since they have been predominantly based on information obtained by males who self-identify as heterosexual. It is therefore advisable that future researchers obtain feedback from men of alternate sexualities and have a clear identification of what impacts their body image, so that interventions targeting these subgroups can be as effective as they may potentially be for heterosexual men. The lack of heterogeneity in the sample of men in the current study could mean that the suggested interventions may not be applicable to men belonging to other subgroups.

It is also important to note that most participants worked in a beauty retail environment. This is important because beauty retail is concerned with the outward appearance of people, and therefore to be working in an environment which is concerned with promoting the outward appearances of people, men working in beauty retail may think about body image in a different way to how men in general may think about their bodies. That being said, men in Study 3 were still inclined to speak about traditionally “masculine” topics like sport and fitness, which have been found in research with other males not recruited from a beauty retail background (Grogan and Richards, 2002; Tatangelo and Ricciardelli, 2013).

In terms of limitations, the present study could have included a more diverse population of men in terms of their occupation and sexual preferences. For example, eight out of ten men who did take part in the current study belonged to the beauty retail profession. This potentially limits the generalisability of these findings to men only belonging to the retail profession. Additionally, all men excluding one participant identified as being heterosexual. Considering the differences reported in heterosexual and homosexual men’s body image experiences (Jankowski, Diedrichs and Halliwell, 2014) the designed interventions in the current study may not be suitable for sexual minority men since they have been predominantly based on information obtained by males who self-identify as heterosexual. It is therefore advisable that future researchers obtain feedback from men of alternate sexualities and have a clear identification of what impacts their body image, so that interventions targeting these subgroups can be as effective as they may potentially be for heterosexual men. The lack of heterogeneity in the sample of men in the

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CHAPTER VII

7.0 GENERAL DISCUSSION

7.1 PHD AIMS

The overall aim of this PhD was to gain insights into the way men think, feel and behave regarding their bodies at various points in their lives. Three subsidiary aims were also established, one for each of the three studies which combined to form this PhD. Study 1 aimed to explore men's thoughts, feelings and perceptions regarding their previous and current body image. Study 2 aimed to examine quantitatively the relative importance of the factors raised by participants in Study 1. Study 3 aimed to investigate the views of men from a range of age-groups in respect to the qualitative and quantitative models produced in Studies 1 and 2, as well as discuss how positive body image could be promoted in boys and men.

7.2 SUMMARY OF FINDINGS

Interview data from Study 1 revealed that body concerns did not progressively improve or worsen for men as they aged, but fluctuated over time. The extent to which men felt concerned about their body was affected by changes in their personal motivations and circumstances. For example, men described being oblivious to their bodies during their preadolescence phase and preoccupied with playing sport. However, body concerns appeared to be at the forefront of men's conscious awareness during their adolescence and young adulthood phase as they tried to establish meaningful bonds with members of the same and opposite sex. Furthermore, men reported to engage in appearance-fixing behaviours during this time to achieve these goals. Men's domestic responsibilities subsequently shifted men's focus away from their bodies again during their midlife. Some of the men

experienced a resurgence in body image concerns, however, as they faced disruptions in their marital lives and in searching for new relationships. When considering their body image at the time of the interviews, the men interviewed described being more concerned about their body *functioning* than their body appearance and described having reached body acceptance.

While some of the findings in Study 1 agree with former research, other findings appear to contradict earlier research findings. For example, men's descriptions of not being aware of their bodies during their preadolescence refutes other extant literature, which demonstrates that preadolescent boys feel dissatisfied with their bodies as well as engage in body-change strategies (Dion, Hains, Vachon, Plouffe, Laberge, Perron, McDuff, Kalinova and Mario, 2016; Dunn, Lewis and Patrick, 2010; Jongenelis, Byrne and Pettigrew, 2016; Ricciardelli, McCabe, Lillis and Thompson, 2006). However, the studies mentioned above represent boys of today, while the findings from the current study are telling a story about the preadolescent boys of the past, where the appearance of the male body was perhaps not in as much focus as it is today (Farquhar and Wasylikiw, 2006). Certainly, the male body has become more ubiquitous, objectified (Diedrichs, 2012), increasingly muscular and leaner (Leit, Pope and Gray, 2001; Pope, Olivardia, Gruber and Borrowiecki, 1999) and thus more difficult to approximate over time. Based on men's reported ages, twelve of the 14 men were born between 1955 and 1965, with one participant born in 1948 and one in 1970. It is important to note that it was not until the 1980s and 1990s that the male body really began to become more noticeable and sexually objectified in mainstream western media (Grogan, 2016). This may account for the differences in the way men from Study 1 felt about their bodies as preadolescent

boys and the way preadolescent boys report feeling about their bodies in contemporary times.

While men in their retrospective reports varied in their experiences regarding body awareness, their preoccupation with playing sports during preadolescent years has emerged in other research with preadolescent boys. For example, Tatangelo and Ricciardelli (2013) revealed that playing sports with peers was the main activity preadolescent boys participated in during lunchtimes at school. Additionally, Hargreaves and Tiggemann (2006) observed in their research that boys tended to want to speak about sport rather than their bodies.

The finding from this study that men's body concerns and desire to be popular amongst members of the same and opposite-sex occurred during adolescence and young adulthood is also supported. For example, Ricciardelli (2012) suggested that boys who endorse a mesomorph build which displays strength and agility were more likely to be perceived as popular by their peers. Similarly, adult men in Grogan and Richards' (2002) study equated an attractive appearance with feeling confident and powerful in social situations, as well as associating a lean and muscular body with being socially accepted. Regarding men's desires to attract members of the opposite sex, only one study was found where adolescent boys reported engaging in appearance-fixing behaviours to attract female attention (Hargreaves and Tiggemann, 2006).

Men in these interviews emphasized the importance of 'paying a mortgage', 'putting food on the table' and 'spending time with the children' over paying attention to their bodies during their middle-years. Since no supportive literature was found highlighting the impact of men's domestic responsibilities on their body

image, research on masculine gender roles was used to make sense of this finding (O'Neil, Good and Holmes, 1995).

Amongst the different aspects of hegemonic masculinity, appearance is key in the display of masculine identification, with muscular, athletic and youthful bodies symbolising superior masculinity, and those not displaying these physical characteristics being considered subordinate in terms of their masculine identification (Drummond, 2002). Given that muscle-mass is harder to accrue as you grow older (Peat, Peyerl, Ferraro and Butler, 2011; Shepherd, 1997), aging could be perceived as a negative experience for men whose masculine identities are tied to the appearance of their bodies. As such, middle-aged men may choose to renegotiate their masculine identities by fulfilling more age-appropriate aspects of masculinity, such as the domestic responsibilities noted above, as they depart from young adulthood. The men from Study 1 were found upholding and exhibiting their masculine identities through acts of breadwinning (Losocco, 2008), and generative fathering (Kiselica, 2008). Another unique finding that requires attention and for which no supportive literature has been found, is the effects of divorce on male body image. Further qualitative research is required to make sense of these new findings.

It was also found that men in the interview study prioritized health over appearance when asked to provide current evaluations of their bodies, an idea which has also emerged in earlier work with older men. For example, older men's perceptions of an ideal body in Leichty *et al's* (2014) study were related to a 'moving body' compared to a 'physically attractive body'. Similarly, men in Drummond's (2003) focus group study associated 'movement' with 'being alive' and 'not being dead'. The final Study 1 theme of body acceptance is also supported by existing

literature. For example, in a study by Slevin and Linemann (2010) elderly men reported becoming more accepting of their bodies with age. Similarly, in Leichty *et al* (2014) it was found that men were accepting their bodies, on the basis that they could not reverse the aging process. In another study by Peat, Peyerl, Ferraro and Butler (2010), older men were found to be more accepting of their bodies than younger men, leading to the conclusion that body acceptance may be something which is achieved later in life.

To investigate the generalisability of the findings from Study 1, it was important that the principal investigator first converted dominant themes from Study 1, into suitable, measurable, quantifiable variables. Based on the interview findings, it was evident that men's levels of body satisfaction was largely influenced by the security of their friendships and relationships throughout their lifespan. Accordingly, the variable of 'belongingness' was considered suitable to represent this idea and was used to form the first hypothesis, which was, men with a lower sense of sense of belongingness would display lower body satisfaction than men with a higher sense of belongingness. Another important theme emerging from Study 1 was that men became more appreciative of their bodies with age. This led to the use of 'body appreciation' as another predictor variable and the development of the hypothesis that middle-aged men would be more appreciative of their bodies than men of younger age groups. Men in Study 1 were also found discussing the importance of a healthy and functioning body, thus the variable of 'body function' was also used to predict men's body image. As this theme was found to be more relevant to men's current body image as opposed to their previous body images, it

was finally hypothesised that middle-aged men would display higher body function scores than men of younger age groups.

In relation to the first hypothesis of Study 2, a significant negative relationship between general belongingness and both body area satisfaction and appearance evaluation was indicated in men. This finding contradicts findings from Study 1 in which men expressed experiencing an increase in body concerns due to a low sense of belonging (see Chapter 4), and raise interesting questions about the impact that perceived connectedness with others has on men's perceptions of their bodies. While this finding conflicts with what was found in Study 1, there is evidence which shows that interactions with family members, peers and intimate partners can influence boy's and men's body image. For example, messages from parents, especially fathers, have been identified as key in predicting boys' weight-loss and muscle-enhancing behaviours (McCabe and Ricciardelli, 2005). Kenny, O'Malley-Keighran, Molcho and Kelly (2017) reported peers to have a significantly negative effect on boy's body image. Similarly, male peers in McCabe and Stanford's (2005) study were identified as the main determinants of adolescent boy's body-change behaviours.

In relation to the second hypothesis, no significant difference in body appreciation between middle-aged and younger men was identified. As a matter of fact, results from the multiple-regression analysis found body appreciation to be a strong predictor of men's body image across all of the ages surveyed. This finding refutes both the outcomes from Study 1 (see Chapter 4), as well findings from other existing literature, which have indicated one age group of men to demonstrate higher levels of body appreciation than the other. For example, Tylka and Colleagues found

that younger men were more accepting of their bodies than older men. Conversely, Peat and colleagues (2011) reported older men to be more accepting of their bodies than the younger sample of men in their study. In support of the latter, the results of Slevin and Linemann, (2010) and Leichty *et al*, (2014) suggested that men became more accepting of their bodies with age.

There are several possible explanations for the inconsistencies noted above. For example, younger men may be more appreciative of their bodies than older men given that the discrepancy between younger men's bodies and the social ideal is potentially narrower than the incongruities between older men's bodies and the social ideal. However, an alternative is that younger men may report fewer feelings of body appreciation given that the depiction and objectification of (the difficult to obtain) young, lean and muscular bodies (Leit, Pope and Gray, 2001; Martin, Tiggemann and Kirkbride, 2007) is far more ubiquitous than the portrayal of older men's bodies. Similarly, aging has been found to be both a positive (Halliwell and Dittmar, 2003) and negative (Kaminski and Hayslip, 2006) experience for older men, which may influence the extent to which they appreciate their bodies. For example, the double standard of aging may protect men from developing disparaging feelings towards their bodies considering that sociocultural constructions of masculinity, unlike sociocultural constructions of femininity, do not place an emphasis on physical attractiveness and youth (Calasanti, 2005; Hatch, 2005). Rather, value is placed on men's skills and power, which is possible to increase with age (Chonody and Teater, 2016). Given that body appreciation has been linked with positive psychological well-being, as well as behaviours such as intuitive eating, and exercising without appearance-enhancing motives (see Tylka and Wood-Barcalow, 2015) it is important

that better understandings of the development and occurrence of male body appreciation are unearthed.

Like hypothesis two, the third hypothesis was also rejected as no differences were identified in body functionality scores between middle-aged men and men in the younger age group. Though this hypothesis was informed by findings from qualitative studies which have proposed that older men are more concerned with health and functional aspects of their bodies rather than the outward appearance (Drummond, 2003; Leichty *et al*, 2014; Study 1), there is some evidence that body function is an important aspect of men's body image across other points in their lives. For example, Australian boys aged five and six regarded body function, especially the capacity to run fast, as an important aspect of being a man (Drummond, 2006). Body function was also found to be an important feature of preadolescent boys' body image, as reflected in their conversations within focus groups in research by Tatangelo and Ricciardelli (2013). Similarly, adolescent boys in Ricciardelli, McCabe and Ridge (2006) described wanting to improve functional aspects of their bodies, such as speed, strength, fitness and endurance. These boys avoided consuming junk food and reported eating more healthily to accomplish a certain level of fitness that would help improve their sporting abilities. Similarly, Abott and Barber (2010) found that the dimension of body function was equally important to adolescent boys as was the dimension of body appearance.

The findings noted above demonstrate that body function is not just pertinent to older men, and may mean different things to men of different age-groups. It is important that future research draws comparisons between younger and older men's functional values, behavioural-investment, and satisfaction (Abbott and

Barber, 2010). Not only has body function been considered an important dimension of male body image, but it has also been linked with the promotion of physical, mental and social development in boys (see Ricciardelli, McCabe and Ridge, 2006) increased the self-esteem of adolescent boys (Holland and Andre, 1994) and maintenance of older men's physical and mental health (Drummond, 2003). Development of a focus on body function could shield boys and men from developing body dissatisfaction given that it might divert attention away from the appearance of the body (Ginnis and Bassett, 2011).

While all three hypotheses were rejected within Study 2, a significant difference was identified between the appearance orientation of younger and middle-aged men. One possible explanation for this difference could be that there are possibly more appropriate comparison targets for younger men in the mass media than there are for middle-aged and older men (Buchaneri *et al.*, 2014; Grogan, 2016; Mulgrew and Cragg, 2017; Peat *et al.*, 2011) and the media depiction of young, lean and muscular bodies (Leir, Pope and Gray, 2001) may have a greater impact on the investment of younger than older men.

Upon concluding Study 2, significant data from this study along with the findings from Study 1 were used to inform the development of the focus group schedule for Study 3 (see appendix C.5). The focus group discussions which made up the final segment of this PhD were particularly structured around the quotes from Study 1 and significant findings from Study 2. Selected quotes from Study 1 (see Appendix C.6) were physically presented to participants in and were used as a way of introducing key topics and stimulate discussion amongst the men in the focus groups. Topics such as sport participation, interpersonal attraction, belongingness,

body appreciation and body function (from Study 1) were covered in the focus groups. The focus groups also covered the topic of appearance orientation in younger and older men, which was identified as a significant finding in Study 2.

Despite generational differences of the men within each of the focus groups, participants were found to experience their bodies in similar ways when referring to different developmental stages. This is interesting considering that the definitions of the cultural ideal for males has evolved across time and generations (Diedrichs, 2012; Leit *et al*, 2001; Pope *et al*, 1999). For example, men in Study 3 agreed that preadolescence was not a time where they were preoccupied with their bodies despite belonging to different age-cohorts. While the absence of older men's body image as preadolescent boys is understandable (considering that the older candidates were preadolescent boys at a time where the male body was perhaps not as ubiquitous in the mainstream media as it is today; Grogan, 2016), this explanation cannot be used to justify why younger adult male participants may not have been preoccupied with their bodies as preadolescent boys. However, other sociocultural explanations may be valid in explaining the young participants' lack of concern for their bodies as preadolescent boys. For example, despite the increase in the visibility of the male body, boys have generally been found to be less susceptible to internalising appearance ideals than their female counterparts. This claim has been supported by Murnen, Smolak, Mills and Good (2003) who found that although preadolescent boys were aware of the muscular ideal, as much as girls were aware of the thin ideal, this awareness did not lead to the development of any body concerns among boys. Moreover, younger boys, unlike younger girls, are more likely to receive more positive messages from their mothers and female friends which may

safeguard young boys from fostering body image concerns during early-adolescence (Ricciardelli, McCabe and Banfield, 2000).

Men reported a sudden shift in their body awareness as they transitioned into their adolescence, though attracting members of the opposite sex was not explicitly ascribed as the reason (as in Study 1). Instead, noticing and being physically close to other bodies were supplied as reasons for this shift with men's changing rooms reported as sites in which boys compared their bodies with the bodies of other male peers. This finding is not surprising, as adolescence often marks the onset of puberty, and where boys usually begin to experience bodily changes (Ricciardelli and McCabe, 2016). These changes may bring their bodies more into their focus and cause them to feel more self-conscious about their bodies (Slee, Campbell and Peers, 2012). The significance of body appearance and body function were also discussed in the context of adolescent boys' sporting activities, with some men expressing the importance of body appearance in being accepted by peers, while others emphasized the importance of physical ability. These findings correspond to Study 1 findings about the importance of the body in sporting activities and also mirrors the outcomes of Kenny, O'Malley-Keighran, Molcho and Kelly's (2017) research in which mid-to-late adolescent boys revealed that being overweight resulted in general exclusion from football games and being selected last and 'being fat' was not considered sporty. In research with younger (preschool) boys, Birkbeck and Drummond (2006) found that boys associated larger bodies with improved physical performance, especially being able to kick a ball higher in a football game. While boys in Birkbeck and Drummond (2006) were not found attaching negative meanings to larger bodies, this literature highlights the connectedness between the body function and body appearance

dimensions of male body image. This literature also emphasises how disentangling and researching body function and body appearance separately may not provide an accurate representation of male body image, at least in earlier developmental stages (see Chapter 2). Furthermore, more research is needed to examine the relationship between body appearance and sport participation, given the reported negative impacts of peer exclusion (Kenny and colleagues, 2017), and the positive outcomes of sport participation on boy's body image and general self-esteem (Holland and Andre, 1994).

Participants in Study 3 also believed that looking after your body during midlife was achievable if men were motivated enough to do so, although no existing psychological research in core body image literature has investigated personal responsibility in perceptions of male appearance. Finally, body appreciation was established as an important theme relevant to men across different age-groups, confirming the results of Study 2 which suggested body appreciation did not differ significantly depending on age. Besides the literature which has already been presented above on male body appreciation, men have generally been found to be less dissatisfied with their bodies than women across the lifespan. Mothers and female friends have been found to praise and compliment boys more than girls which has been linked with increases in body satisfaction among preadolescent and adolescent boys (Ricciardelli, McCabe and Banfield, 2000). Furthermore, it has been argued that boys move closer to the social male ideal during puberty (McCabe and Ricciardelli, 2004) whereas girls move further away from cultural standards of female beauty (Gendron and Lydecker, 2016).

Overall, male bodies have been valued for their functionality and instrumentality, compared to women who have been valued for physical attractiveness (Frederickson and Roberts, 1997), differences which are found to continue into late adulthood and has been recognised as the double standard of aging (Wilcox, 1997). Considering all these findings, men's body appreciation across the life course is understandable. Further research is required to follow the inconsistencies which have been identified in relation to male body appreciation.

The final segment of Study 3 was spent discussing how positive body image could be promoted in boys and men. Many suggestions were made. For example, participants suggested that men should speak more about their body image; should find appropriate role-models within media, which align closely to their own body types; and prioritise their health over their appearance. These suggestions were agreed on by most participants across the focus groups in spite of age differences. This participant feedback was incorporated into the development of body image intervention programme templates for men of different ages (see Chapter 6). The efficacy of existing intervention programmes for males and females were considered when putting together these designs. For older men, extant literature on middle-aged and older men's body image, as well as the accounts and feedback of participants from the current study were considered when developing interventions for men of these age-groups.

7.3 DOMINANT THEMES

As observed above, certain ideas have appeared recurrently across the three studies.

Amongst these leading ideas are ‘no real body image concerns during preadolescence’, ‘body awareness in adolescence’, ‘body appreciation across the lifespan’ and ‘body functionality across the life span’.

7.3.1. *No real body image concerns during preadolescence*

Though preadolescence has been regarded as an important phase regarding body image (Frisen *et al.*, 2015), men in both Studies 1 and 3 reported being unconcerned about the appearance of their bodies during their preadolescent phase. This refutes existing research which reports boys may begin to develop their body image as early as in their preschool years (McCabe *et al.*, 2007; Rodgers *et al.*, 2015). Furthermore, other extant literature on preadolescent boy’s body image has revealed boys wanting alternate body types (Dunn and colleagues, 2010; Truby and Paxton, 2008) and engaging in body-change strategies to acquire both thinner and muscular body types (Tatangelo and colleagues, 2017).

While evolving definitions of male beauty (Diedrichs, 2010; Leit, Pope and Gray, 2001; Pope *et al.*, 1999) have been put forward by the principal investigator to explain why middle-aged men did not possibly display concerns about their bodies as preadolescent boys, it is hard to apply the same reasoning to why the young men in Study 3, who born decades later still did not identify preadolescence as a phase wherein they were concerned about their bodies. However, other sociocultural explanations may help make sense of this finding. For example, mothers and female friends have been found to be more complimentary of boys in young adolescence which may protect them from developing body image concerns (Ricciardelli, McCabe and Banfield, 2000). Moreover, boys in general have been found to be less susceptible to the influences of the media (Masheb and Grilo, 2001; Petrie,

Greenlead and Martin, 2010), which may account their lack of concern for their bodies at this age. It is important to note that younger men in the study were born in the 90s, and one candidate as late as 1999 (a timepoint by which the media had become replete with images of sexually objectified male bodies; Grogan, 2016). Despite this, most of the young men in Study 3 demonstrated unconcern for their bodies, demonstrating a possible insusceptibility to media images.

The finding of men's unconcern for their bodies as preadolescent boys' may also have something to do with the fact that these data were obtained from British samples of men, who may not face the same pressures as Australian or American males during preadolescence (Cafri and Thompson, 2007; Ricciardelli and Yager, 2015).

7.3.2. Body awareness and peer influence during adolescence

Adolescence has been found to be an important time point for boys, considering the psychosocial, cognitive, and more visibly the physical changes they undergo during this time (Walter and Shenaar-Golan, 2017). Findings from Studies 1 and 3 in this PhD continues to demonstrate the importance of this stage on boy's body image. While reasons ascribed by men for why they may have become aware of their bodies during this phase slightly vary across the two studies, the one thing that men from both studies described was that adolescence marked the onset of their body awareness.

Several factors were uncovered by men in Studies 1 and 3 when reflecting on their bodies as adolescent boys, including their growing concerns as adolescent boys due to wanting to be accepted by same-sex and opposite-sex peers (Study 1), as well as through physical proximity and social comparisons with same-sex peers (Study 2).

From these findings it is evident that peer-interaction is a key source of influence in adolescent boys' body image and supports previous research (Jones and Crawford, 2004; Quiles Marcos *et al*, 2013). Peer influence has been regarded especially influential during adolescent years given the time individuals spend with their peers during this time (Brown, 2004, Larson and Verma, 1999).

Peers have also been found reinforcing what is and what is not acceptable in terms of body appearance (Jones, 2004). Men across both Studies 1 and 3 particularly pointed out how their appearance was equated with how well they could perform physically (see Chapter 4 and 6). Furthermore, men across both qualitative studies revealed how their appearance determined if they were welcomed to participate in physical activities or not, as well as determine the positions they would be assigned on the football field. The idea of linking body functionality (sporting abilities) and body appearance has formerly been identified in samples of preschool (Birbeck and Drummond, 2006) and being assigned subservient positions on the football pitch (or being not selected at all) as a result of not having the right body, has been found in research with adolescent boys' (Kenny *et al.*, 2016). Findings from this research reiterate the vulnerable status of adolescent males regarding their body image and their suitability as targets for intervention (see Chapter 6).

7.3.3. Body appreciation across the lifespan

What appeared as an important theme for middle-aged men alone in Study 1 turned out to be a theme relevant for men of all ages across the subsequent two studies, both quantitative and qualitative (see Chapter 5 and 6). While reasons for younger men's body appreciation are not as clear within extent literature as the reasons

posited for older men's body appreciation, some younger men in Study 3 (see Chapter 6) provided similar explanations to the middle-aged men in Study 1 for why they accepted their bodies. This reason included them accepting their bodies on the basis that they could not change their bodies.

In general, studies concerning younger men's body appreciation have mostly come out of quantitative studies wherein men's body image has been assessed alongside female body appreciation, so the focus is shared and reasons for this have not really been explicitly addressed (Tylka, 2011).

7.3.4. *Body functionality across the Lifespan*

Men's body functionality is an important dimension of men's body image (Abott and Barber, 2010) and has emerged as an important concept across all three studies within the current PhD for both younger and older male populations. Body function however appeared to mean different things to men within different developmental stages. For example, men across both the qualitative studies (see Chapter 4 and 6) described playing sport as being central to their experiences as preadolescent and adolescent boys. Thus, body function was important to the men as young boys in the context of playing sports. In contrast, middle-aged and older men were found prioritising their health over their appearance during middle and later years, therefore body function was important to men in the context of their health.

The centrality of sport during male preadolescence and adolescence is supported within extant literature (see Ricciardelli, McCabe and Ridge, 2006;

Tatangelo and Ricciardelli, 2013). For example, Tatangelo and Ricciardelli (2013) found that playing sport was the main activity eight to ten-year-old boys in Australia engaged in during lunchtimes. Similarly, Ricciardelli, McCabe and Ridge (2006) reported that adolescent boys focused on enhancing functional aspects, such as the speed, strength and endurance of their bodies, avoided consuming junk food, and focussed on eating healthily to attain a certain level of fitness so that they could perform better at sport. Furthermore, Abbott and Barber (2010) reported that body function was equally important to adolescent boys as was body aesthetics.

The importance of body function is also supported in research with older men. For example, 60 to 70-year-old Canadian men in Leichty *et al.*, (2014) described an ideal body as one which was a physically able-body. Similarly, 58-85-year-old retired men from Australia, associated the concept of 'movement' with 'being alive' and not 'being dead'.

While the body function contexts may vary in younger and older men, they both can be perceived to be linked to notions of masculinity, those which emphasise competition, autonomy and being impervious to pain. For example, for younger boys, playing sport is an opportunity to develop and display their masculine identities (Drummond, 1996; Messner, 1992), while still being able to move, being self-reliant and not feel pain can be seen to maintain the masculine identities of men during later-years (Drummond, 2003).

Body functionality has also been regarded to have important practical implications for promoting positive body image (Campbell and Hausenblas, 2009).

For example, in adolescent boys, body functioning (through sport) has been linked with better physical, mental and social development for boys' during preadolescent and adolescent years (Ricciardelli, McCabe and Ridge, 2006) and has been associated with greater levels of self-esteem among adolescent boys (Holland and Andre, 1994). Body function has also been considered to provide both preadolescent and adolescent boys a comfortable context in which to discuss their body image (Grogan and Richards, 2002; Ricciardelli, McCabe and Ridge, 2006; Tatangelo and Ricciardelli, 2013). That being said, sport may also be a site wherein boys develop body concerns as evidenced in studies 1 and 3 through experiences of peer teasing and peer exclusion, and through boys' tendencies to equate body appearance with physical ability (Birbeck and Drummond, 2006; Kenny *et al.*, 2017). Therefore, while body function may be important in alleviating body image concerns, bring about better physical and mental health and increase boys self-esteem, young boys' may be discouraged to play sport based on their appearance, which is an issue need addressing first.

7.4 STRENGTHS AND LIMITATIONS OF THE PHD

7.4.1. Strengths of this PhD

One of the key advantages of this PhD is that it provides important information regarding the body image of middle-aged men, which as a male age-group has been largely marginalised within body image research (McGuinness, 2016).

Another important strength in Study 1 was the use of the photo elicitation technique. Using photographs within the interviews in Study 1 is likely to have

evoked more meaningful descriptions from the men in the interviews (Frithier and Harcourt, 2007), and aided their memories in a way that using standardised questions alone perhaps would not have permitted (Bates *et al.*, 2017; Harper, 2002).

Additionally, using a retrospective approach in Study 1 was considered by the principal investigator as an effective way of identifying how men's body image develops across the life course over any other type of research (e.g. cross-sectional research). For example, though researchers have managed to collect useful data from males in different age-groups, not many have paid attention to the issue of participants belonging to different historical cohorts. For instance, men in their 60s may hold entirely different conceptions about what is an ideal male body, to men that are currently in their 20s (due to changing definitions of the ideal male body across time). Ideally, to resolve the issue, researchers would be engaging in longitudinal studies so that they are able to track the same group of boys, as they age, to observe how their body image changes over time. However, longitudinal studies are often problematic given the cost and practical challenges associated with their use. One specific strength of Study 1 is that it offered a unique alternative, in that it included participants of one age-group (men from midlife) who were required to look back at their bodies retrospectively. Collecting data in this way a) helped reduce the chances of the data being affected by generational differences, and b) offered practical advantages, such as saving time and expenses.

Moreover, getting adult men to reflect on their bodies as young boys instead of carrying out research on young boys themselves could be interpreted as a strength, especially in light of young children's perceived cognitive shortcomings and

their inability to construe their body size at this timepoint (see Dunphy-Lelii, Hooley, McGivern, Guha and Skowleris, 2014).

Several unexpected and interesting findings and trends emerged from both the qualitative and quantitative studies, laying foundations for future research. For example, a significant negative relationship was established in Study 2 between general belongingness and appearance evaluation and body area satisfaction. This pattern of results goes entirely in the opposite direction from the results which were produced in Study 1, in which men revealed that their body concerns had elevated due to a low sense of belonging. The differences in these findings raise important questions about the impact that feelings of belongingness may have on men's body image perceptions, and is something which may interest researchers carrying out investigations in the area to consider.

Furthermore, what seemed to be a factor significant to middle-aged men alone in Study 1, turned out to be relevant to men across different age-groups in Studies 2 and 3. For example, the concept of body appreciation emerged in Study 1 when middle-aged men spoke about the current evaluations of their bodies compared to when they spoke about their body image in earlier developmental stages. Moreover, as a concept, body appreciation has been found to be more salient in research with older male populations (Leichty *et al.*, 2014; Slevin and Linemann, 2010), and its mention in research with younger male samples has been scarce (Tylka, 2011). Therefore, it was surprising when no significant differences were identified between the body appreciation levels of men in Study 2, and when men in Study 3 expressed their acceptance for their bodies at different ages. Future researchers may

wish to understand more fully the reasons behind men's body appreciation at different time points.

By using more than one study in the PhD, the principal investigator could also see which ideas relating to men's body image were the most dominant. For example, themes which reappeared across the three studies include 'no real body image concerns during preadolescence', 'body awareness and peer influence during adolescence', 'body appreciation across the lifespan', and 'body functionality across the lifespan'.

This study also allowed for the identification of the most vulnerable age-group(s) in regard to the development of body image dissatisfaction (see Chapter 6), thus enabling the principal investigator to decide on suitable targets for a potential intervention programme. Accordingly, a template for an intervention programme was designed for adolescent boys addressing the risk factors identified in Study 3. The development of this body image programme can be viewed as a strength, as not many intervention programmes have been designed for adolescent boys, as demonstrated in the extant literature (McCabe *et al.*, 2010; Stanford and McCabe, 2005).

7.4.2. Limitations of this PhD

There are a few limitations that may have affected this PhD. For example, despite lack of diversity in extant research regarding the participation of non-white and non-heterosexual samples of men, the samples across Studies 1 and 3 appeared to be

largely White and heterosexual, limiting the generalisability of these results on men of different ethnic backgrounds as well as sexual orientations.

Also due to the unavailability of more recent versions of some scales at the time of conducting these studies, some studies were unable to take advantage of more recently developed body image measures. For example, the functional appreciation scale (FAS; Alleva, Tylka, and Kroon Van Diest, 2017) is a recently developed gender-free scale specifically designed to measure the extent to which men and women appreciate, respect and honour their bodies for their physical capabilities (Alleva *et al.*, 2017), which could be useful in measuring men's body functionality in future studies. Additionally, there is a revised version of the original body appreciation scale (Avalos, Tylka and Wood-Barcalow, 2005), i.e. the body appreciation scale-2 (Tylka and Wood-Barcalow, 2015), which should be utilised in future research with men. While the original version of the body appreciation scale is tailored for both male and female respondents, using the original version has been regarded to be more taxing for researchers given that men and women are required to complete separate forms when using this version of the scale (Tylka and Wood-Barcalow, 2015). This is due to item 12 being worded differently both for men and women, for e.g. 'unrealistically thin images of women' and 'unrealistically muscular images of men'. This aspect has been eliminated from the body appreciation scale-2 (Tylka and Wood-Barcalow, 2012) and may prove to be less burdensome for future body image researchers who wish to measure the construct of body appreciation. However, the body appreciation scale was introduced at a much earlier stage (Avalos *et al.*, 2005), therefore was considered by the principal investigator to be sounder in terms of its validity and

reliability. For example, the original version of the BAS has repeatedly shown internal consistency reliability coefficients to be at 0.90 or above across multiple studies, carried using men and women, and in various parts of the world, including the UK, US, Australia, Germany and Spain (Tylka and Wood-Barcalow, 2015).

7.4.3. Avenues for future research

Several outcomes came out of this study that were not anticipated and that require further research. For example, men across the different age groups in both the quantitative study (see Chapter 5) and the qualitative study (see Chapter 6) appeared to show appreciation for their bodies. This was unexpected given that body appreciation in male body image literature has usually been associated with the experiences of older men (Leichty *et al.*, 2014; Slevin and Linneman, 2010). Despite findings of Study 3, reasons for younger men's body appreciation need to be explored further. This is important given that body appreciation has positively been linked with more positive appearance evaluation and body esteem (Avalos *et al.*, 2005; Swami, Steiger, Haubner and Voracek, 2005), and thus also has important implications for future intervention work. Furthermore, some gaps remain unfilled and require attention such as paternal influence on boy's body image. Given the dearth of knowledge on the effects of paternal influence on young boys' body image, it is important that more qualitative methods are adopted to unearth understandings about how fathers may impact the body image of boys. Furthermore, researchers are encouraged to use more recent versions of the measures used with Study 2 to assess variables such as body appreciation and body function in men. It is also encouraged that a more diverse sample of men are included within future research in regard to

sexual orientation, as the findings from the current study are mainly applicable to heterosexual men whereas research has repeatedly found variations in the body image experiences of heterosexual and sexual minority men (Grogan, 2016; Lodge and Umberson, 2013).

7.7. CONCLUSION

The overall aim of this research was to gain insights into the way men think, feel and behave regarding their bodies at various points in their lives. To achieve this aim, the current research employed a range of research strategies, including the use of in-depth interviews, online questionnaires, and focus groups. Concerning the male life-course, the overall findings from this research suggest that preadolescence is not a developmental stage wherein boys are preoccupied with their bodies. Rather, preadolescent boys are more focused in the way their bodies function at this age. Adolescence is however identified as a key stage in the development of boys' body image concerns and peer experiences are highlighted in initiating this awareness. Despite men's growing concerns during adolescence, findings from the current research suggest that men are generally accepting of their bodies across the lifespan. Additionally, body function appears to be important to men at different junctures in their lives. A key strength of this research is that it allows us to see the trajectory male body image takes beyond the young adult phase as well as allowing us to overview how men's body image develops across the life-course. In terms of practical implications, adolescence appears to be a timepoint where boys may be most susceptible to developing body dissatisfaction and calls for the design and

implementation of more body image intervention programmes to address the risk factors associated with boys' body image at this age.

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APPENDIX A (STUDY 1)

APPENDIX A.1 LETTER OF ETHICAL APPROVAL

**Manchester Metropolitan
University**



M E M O R A N D U M

FACULTY ACADEMIC ETHICS COMMITTEE

To: Mohammed Malik

From: Prof Carol Haigh

Date: 20/06/2017

Subject: Ethics Application 1474

Title: Promoting Positive Body Image in Men: A Focus Group Study

Faculty of Health,
Psychology & Social Care

Brooks Building
Birley Fields Campus
53 Bonsall Street
Manchester
M15 6GX

+44 (0)161 247 2569

HPSCresearchdegrees@m
mu.ac.uk

Thank you for your application for ethical approval.

The Faculty Academic Ethics Committee review process has recommended approval of your ethics application. This approval is granted for 42 months for full-time students or staff and 60 months for part-time students. Extensions to the approval period can be requested.

If your research changes you might need to seek ethical approval for the amendments. Please request an amendment form.

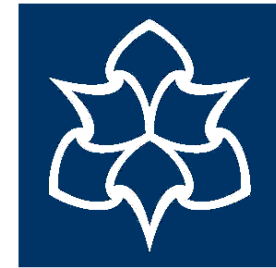
We wish you every success with your project.

Prof Carol Haigh
Chair
Faculty Academic Ethics Committee

Male? Aged between 50-60?

We Need You!

APPENDIX A.2
ADVERTISING DETAILS



**Manchester
Metropolitan
University**

Birley Building
53 Bonsall Street
Manchester
M15 6GX

Phone +44 (0) 161 247 2000

I am a first year, male PhD Student, from Manchester Metropolitan University, and I am seeking to interview male volunteers aged between 50 and 60 on the topic of male body image throughout the lifespan.

If you meet the selection criteria above and are interested in taking part in the study then contact me on mohammed.s.malik@stu.mmu.ac.uk
Once you do this, I will contact you to discuss the next steps in the study process.

You cannot take part if:

- you cannot communicate in English
- Have a self-reported history of body dysmorphia

There are no restrictions on the inclusion of disabled individuals.

APPENDIX A.3 PARTICIPANT INFORMATION SHEET

Participant Information Sheet

Study Title

Men, Body Image Concerns and Aging in Contemporary Britain

Researcher

Mohammed Saqalain Malik (PhD Student)
Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Email: mohammed.s.malik@stu.mmu.ac.uk



Project Supervisors

Professor Sarah Grogan (Email: s.grogan@mmu.ac.uk)
Dr Jennifer Cole (Email: j.cole@mmu.ac.uk)

Invitation Paragraph

You are being invited to take part in a research study at Manchester Metropolitan University. Taking part in this research is entirely optional. You are at no disadvantage if you decide not to contribute. However, if you do decide to participate, it is important that you understand fully what you will be asked to do. Please pay close attention to the following information and do not hesitate to contact me if any of it is unclear to you, or if you would like me to provide you with any further information.

Details of the Interview

You will be involved in a face-to-face interview with myself (1st year, male PhD student at Manchester Metropolitan University or, at another location which is convenient for you and myself) at a time later to be confirmed. For this interview you will be requested to bring in photographs of yourself from different periods in your life as you will be asked about them within the interview. The length of each interview will be between 60 and 90 minutes. These interviews will be audio-recorded and transcribed. Transcripts will subsequently be analysed and extracts will be presented within my PhD thesis, and may be published within a journal article. Both digital recordings and transcripts will be stored electronically and will be retained for a total of five years, after which they will be erased. The purpose of storing this material is so that it can be made available to academic publishers in the future if they wish to assess its authenticity. To ensure that your data remain anonymous, your individual transcripts and sound recordings will be password protected and saved under fictitious names or participant numbers. Full transcripts of the data will only be seen by me and my research supervisors and your identity will remain protected at all times.

Why have I been invited?

You have been invited to take part in this research as you are male and aged between 50 and 60.

Who must be excluded?

Participants that are not permitted to take part in this study include individuals whom are; unable to provide fully informed consent, have a self-reported history of severe body dysmorphia, or cannot communicate in English; although there are no restrictions on the inclusion of disabled individuals.

Ethics

As a volunteer you are not obliged to respond to every question in the interview and are entitled to leave the interview during any point without explanation. You may also choose to withdraw from the research once the interview has been completed. To do so, you must contact the researcher on the email address above within three weeks of the interview.

Benefits of the research

By taking part in the current study your stories will be given a chance to be heard, recognised and acknowledged by a wider audience. In the process, you will also be placing the wider society at an advantage by increasing their awareness of how men from this age group perceive their bodies. Findings from this study may even contribute towards a possible intervention for men in the future.

Foreseeable risks and discomforts to you

There are no foreseen disadvantages or risks to taking part in these interviews. Nonetheless you will be provided with a list of counselling resources just in case you feel any concerns following the interview.

A.4 CONSENT FOR PARTICIPATION

Consent Form

Researcher

Mohammed Saqalain Malik (PhD Student)
Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Email: mohammed.s.malik@stu.mmu.ac.uk



Project Supervisors

Professor Sarah Grogan (Email: s.grogan@mmu.ac.uk)
Dr Jennifer Cole (Email: j.cole@mmu.ac.uk)

Title of Project: Men, Body Image Concerns, and Aging in Contemporary Britain

Participant Identification Code for this project:

Please initial box

1. I confirm that I have read and understood the information sheet for the above project and have had the opportunity to ask questions about the interview procedure. ☐
2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason. ☐
3. I understand that my responses will be sound recorded and used for analysis for this research project. ☐
4. I give permission for extracts from my interview to be used in publications and conference presentations in a form which maintains my anonymity ☐
5. I understand that my responses will remain anonymous. ☐
6. I agree to take part in the above research project. ☐
7. I understand that at my request a transcript of my interview can be made available to me. ☐

Name of Participant

Date

Signature

Researcher

Date

Signature

To be signed and dated in presence of the participant

Once this has been signed, you will receive a copy of your signed and dated consent form and information sheet by post.

APPENDIX A.5 INTERVIEW SCHEDULE

(TOPIC LIST FOR STUDY 1)

PREVIOUS BODY IMAGE [using photographs as prompts]

- 1) Do you think that the extent to which boys feel pressures to look a certain way has changed since you were a boy? How?
- 2) Where do you think these pressures come from? Where did they come from for you?
- 3) How much influence do you think parents have over the way boys think, feel and treat their bodies during childhood?
How much did your parents influence you?
What are the types of things that they would do? What types of things would they say to you?
- 4) To what extent do you think that peers have an influence over the way we think, feel and behave with regard to our bodies?
- 5) Have you ever engaged in any body changing strategies as a result of these pressures?
As a child
As an adolescent
As a young adult
At present
- 6) What were/are the effects of these body changing strategies that you adopted?
- 7) Do you think pressures related to how you look intensify with age or would you say they disappear?

CURRENT BODY IMAGE

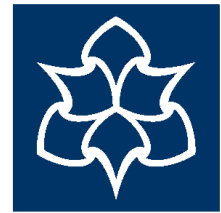
- 8) How content would you say you are with your body at present?
- 9) Would you say that you care about the way that your body appears now?
- 10) How content would you say you are with the way your body functions now?

A.6 DEBRIEFING LETTER

Debriefing

Mohammed S Malik

Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Birley Building
53 Bonsall Street
Manchester
M15 6GX



**Manchester
Metropolitan
University**

Contact email address: mohammed.s.malik@stu.mmu.ac.uk

Study Title:

Dear Participant,

I would like to thank you for your involvement within the present study. You were invited to take part because you matched the selection criteria i.e. were male and aged between 50 and 60. In this study, you were asked to bring in photographs of yourself from various points in your lives, and discuss your thoughts and feelings regarding the way your bodies appeared within each of these different photographs. The purpose of this research was to gain insights into the way men think, feel and behave with regard to their bodies at various points in their lives. As a result of your contribution I am pleased to say that this purpose has now been met.

If you agree for your interview data to be used for the current research, it will be used alongside interview data obtained from other men that were also interviewed for the same purpose. However, if you do not wish for your data to be used within the present study then you are entitled to have it withdrawn from the research, without any consequence, provided that this request is made no longer than three weeks after the interview is conducted.

If there are any complaints, concerns or questions that you may have regarding this research please do not hesitate to make these known to the project supervisors: Professor Sarah Grogan (phone: +44 (0)161 247 2504 email: s.grogan@mmu.ac.uk) and Dr. Jennifer Cole (phone: +44 (0) 161 247 2557 email: j.cole@mmu.ac.uk; Faculty of Health, Psychology and Social Care).

If you are interested in this area of research, and would like to read on, you may want to look at the following material:

Blazina, C. (2011). Men's bodies throughout the lifespan. In: Shen-Miller, D.S *An International Psychology of Men: Theoretical Advances, Case Studies, and Clinical Innovations*. New York, London: Routledge. 159-181

Drummond, M.J.N (2005) 'Retired men, Retired bodies' *International Journal of Men's Health* Vol 2 (3) pp 183-199
http://mensstudies.info/OJS/index.php/IJMH/article/viewFile/425/pdf_97

McCabe, M.P and Ricciardelli, L.A (2004) 'Body Image Dissatisfaction among Males across the Lifespan' *Journal of Psychosomatic Research* Vol 56 (1) pp 675-685

I hope that participating in my study was an enjoyable experience for you. Nonetheless, if for any reason you have been affected by any of the issues raised within the present research and require support then there are details of counselling services below which you can contact.

MMU Counselling, Health and Well-being service
Manchester Metropolitan University
Room 1.13
New Business School and Student Hub
All Saints Campus
Oxford Road
Manchester
M15 6BH

Contact number: 0161 247 3493
Contact email address:
counselling@mmu.ac.uk
Opening times: 08:45am-12 noon and
12:45pm-4:30pm

Oakwood House Counselling and Training
Grove House
104 Kennedy Road
Stockport
SK2 6EY

Contact number: 0161 480 0882
Fax: 0161 601 3536
Contact email address:
info@oakwoodhouse.co.uk

B-eat (Beating Eating Disorders)
Helpline:0845 634 1414
<http://www.b-eat.co.uk>

Anxiety UK
Helpline: 08444775774
Opening times: Monday to Friday
9:30am- 17:30pm

Contact email address:
support@anxietyuk.org.uk

Direct Counselling UK
Contact number: 0333 200 7206
Opening times: 9am-5pm Monday to Friday

APPENDIX A.7 INTERVIEW TRANSCRIPTS

A.7.2. JEFF'S INTERVIEW TRANSCRIPT

Jeff's Interview Transcript

I: Let me explain to you what the study is about-let me first find my brief. So basically the study is about the way you look across your life- so, at various points in your life – so your 20s, 30s, childhood, everything. And that is basically, umm, primarily what the study is about. I want to know about your experiences, umm, but before I do any of that, I want you to tell me a bit more about yourself. So, take me right back. Who is this person? I have never met you.

P: Me? (Coughs) erm, I'm Jeff Cole, err. I was born in 1955, erm brought up by my mum, effectively me mother, by herself, we lived on a council estate, err, I went to...just normal education...primary schools, secondary comprehensive, got a few o'levels and then started work when I was 16 erm joined Majesty's revenue and customs, government department, and I stayed there for 43 years, till I retired last, well, early this year, February this year erm so yeah...

I: okay so, have you always been here, is it Yorkshire...that you've been...?

P: yeah, I've always lived in Bradford and err, surroundin' area, yeah, always been in Bradford and surroundin' area, worked at, worked away a bit, part of the job was going away, doing inspection, tax inspections of companies, predominantly London and south east area...

I: what kind of, got you into that type of a job and...?

P: It was just you know err, I-I got myself a job as a clerical assistant and then just got promoted through the grades...

I: right

P: ... until I became a tax inspector.

I: so you probably enjoyed that job for the most of the time...

P: I- I enjoyed it yeah, I enjoyed it, I enjoyed working with other people, I ended up managing two teams, err, well about of thirty people, yeah, yeah I enjoyed it even though it was office based but, when we did the inspections it was more going out, so that-that got you away from the office a bit and...

I: okay so, as a child you mentioned that you were brought up by your mum

P: yeah

I: if you don't mind me asking, you haven't mentioned about your dad

P: erm, my dad weren't about, he-he left, my mum was a single parent, she worked full-time, erm, to bring me up, I were 'er only one, erm, so, in my formative years that I went to nursery, at er-er very young age, got me mum to work, and erm, I used to, surprisingly when I was 6 and 7 I used to go to a primary school and it was about, a mile and a half away and, in them days I used to go to school 7 o'clock, you know it was safe to go even in dark it was safe to go in that environment and help the caretaker and the dinner ladies () and things like that, and I were err- what you call-a latch key, you know, let me self in, let me self out, you know...

I: right, that is interesting

P: yeah yeah but you wouldn't be able to do it nowadays, no-way.

I: erm, as a boy, did you ever feel pressured, at any point, well as a boy actually, as a child, we are talking about your preadolescence, so between your 8, 11 kind of age group, did you

ever feel pressured that boys had to, or boys, do you think boys ever felt pressured at that time to look a certain way...was there ever any pressures on you to look a certain way?

P: no not particularly, no, I, I-I wasn't born with the gifts you know, of good looks let's put it that way, but er, it didn't affect me I had a group of friends, we all used to muck about, erm I had a bit of a bad accident when I were-a five, in that I lost the sight of my left eye, just, in a silly, fencing, with another friend you know, and, what was it... needle in my eye, and er, I spent a lot of time in 'ospital trying to recover the eye and five years going to and from hospital and every Friday afternoon, but they couldn't do anything, couldn't save it so, but that didn't stop me doing things, err.. led quite a sporty life, I've played football quite a lot, for years and erm, and still played a little five a side on a Thursday now, even though I have reached the age of sixteh.

I: aah, ages a number. Erm, you mention about losing the sight in your left eye, now, I, from- from the point of view, obviously I'm-I'm-I'm investigating a certain topic, and to me, the first thing that comes to me is body image, and your eyes are a part of your body.

P: yeah, yeah.

I: so, how did that make you feel, when, like, was it, was it just that you could not see or was it- did it have any sort of impact on- did it affect the way that you looked and if it did, did it- did it ever come across to you?

P: No, I don't think, erm, one or two people may be have mentioned during my lifetime 'ooh you've got a little cross on your eye' but its only when you look very close you can see the cross, the eyes, where the needle hit the eye, but, it will-it will have affected me but, but it's not affected me because I've been used to it for so long it happened when I were five years old. So I, you just get used to it

I: so do you think that at that age, in general, there is no such thing as, people getting concerned about the way that they look? Or was it definitely not in your times?

P: no it didn't affect me. I think they do more today than they did in them days, like I've got a son who iss 20 years old an' he's very, y'know obsessed about the way he looks, what clothes he wears etc, but in my age we didn't, well we couldn't afford to do it.

I: That's so interesting because my next question was going to be: do you think that the extent to which boys' feel pressured to look a certain way has changed since you were a boy.

P: yeah, yeah-yeah

I: and you've just answered that question

P: yeah, yeah, yeah they've got to have the designer clothes, they've got to look-have the posh y'know expensive haircuts, I-I've never paid more than five pounds for an' haircut in my life an' my son I know he goes an' pays twenty five pound' to have his haircut, every three weeks y'know.

I: Umm, ok so let's go back to-you mentioned about, you have been playing football since a very young age, how-what was your earliest memory of when you started to play football?

P: I used to play an' this err, in my youth time, I could remember we lived on a big council estate but we had a big open field and every, on an evening, there'd be a massive 20-30 lads all of different ages, go down in this field an' we'd just have a big game of football for 2 to 3 hours, y'know, an' we used to play football in the street outside where I lived y'know all them type of things but nowadays, kids don't do that they're preoccupied with consoles, games an' things like that, an' music, an y'know so.

I: What was about football that made you want to play it though? What-what-what drew you towards football?

P: I just, it were-was a sport y'know, it was just the game of the day I suppose, it still is to some extent, but y'know, you'd play football and you know that, I used to play football rather than go to school y'know. But then you, you progress an' you went, you got into the school team, an' then you got into youth club teams an' then you progressed and played up various levels of football y'know an' I did it all my life effectively. It brings-what that does that-that brings the friends, group of friends, you make so many friends playing football, an I've got friends now who-who go back y'know forty years, from football an we're still friends and we go out and socialise, in fact, on Wednesday morning there's a group of fourteen of us who are going on holiday for five days.

(Shuffling through the photographs)

I: Who are you here? (Pointing towards a photograph)

P: That one, erm, that's me at the end there.

I: right when was this taken? Is this a newspaper cutting?

P: Yeah that's from a newspaper. That will be ermmm, the year, what would that be? It's probably about, has it got a date no...?

I: Oh it doesn't matter, as in like

P: It'll be, that will've been, oooh let me think, 30 years ago that.

I: Is this you?

P: That's me! Yes.

I: Oh my god.

P: Doing a bit of daft stuff, we used to have...

(Laughter)

P (continued): ... social events and things yeah

I: Oh my god. So when is this, I am guessing it is the 70s right?

P: yeah that's right yeah

I: So how old were you back in-in the 70s

P: 70s I would be between the age of 20 and 30. No-No-No erm, 20- no wait a minute, I started working 1971

I: right

P: so I'd be, '75 I'd be 20, y'know an onwards, yeah-yeah.

I: Right okay so, right, let's go-let's go- let's go to your school, let's go and speak about your friends now, so what kind of friends did you have? What, like, the one's that you would call your buddies, like your one or two good friends, what were they like

P: yeah they were very close, we had a very close friendship, y'know you'd have a group of friends y'know an' this is what I say, I try to say to my son, I say, keep in contact with your friends from school cz' they'll be your friends for life, a lot of them, y'know. Because that is what my friends have been y'know. More so through team sport, you make friends through team sports, and you bond with them.

I: hmm

P: you see that's the thing

I: When you and your friends used to play football, was it just because-oh so this a fun thing to do, it's the thing of the time, or did you guys ever do it with the intention, or so this might have some health benefits, or did that not occur to you?

P: it was a-it was a sport, it led to social things as well, well you know like, football used to again when I went to work I got (something) on to a social club and we used to run trips, organise events, fancy dress events, car rallies and things like that yeah.

I: You know what, when I look at these pictures, I see someone very stylish. So at some point, I think, at some point I think you did start thinking about the way you look because here, I think that's a very, you are dressed up very well here.

P: yeah-yeah

I: So did things ever change? Or was it like always, like if you don't have that attitude, you don't have it fair enough, was there never a point in your life when you thought, okay, I still don't care.

P: No, and even now I, my son will go out and he'll think nothing of buying a shirt, a t-shirt for forty or fifty pound. I-I just cringe at paying that amount of money for a t-shirt. You're lucky if I'll spend five pound-ten pound on t-shirt, y'know err. I can't get into that regime whereby you've got to spend so much money. Erm, I were brought up in a very difficult time where having a one parent family we didn't have a lot of money and what money we had er, I learnt to take care of. To the extent that I have tried to drill that into my son and say y'know you must save money, don't go spending it all y'know, cz, down the line you'll need money y'know to buy your house, to, y'know your car, y'know.

I: If you did have the money-did you ever want to buy things that you thought would probably enhance the way that you look and do you think that you were-you weren't able to because you didn't have the money, or was it not...?

P: No, I just-I wouldn't have done it, if I have had, I suppose, I suppose if you'd want the ... you would've gone bought better quality clothing and make your appearance look better wise, but I never had it, I never y'know that weren't that big all to me y'know, as long as, y'know I was 'appy. Erm, I had a good social group, y'know, that was the main thing to me, to be happy in life.

I: How did you find girls back in the day if you...do you think girls think the same?

P: girls were very, y'know they probably did spend a lot on clothing and looked at their appearance more than boys did y'know, we were brought up rough and tumble y'know, errr, with your knees out of your pants, going to school y'know, after you've played football and fallen over and you get into trouble from your mum and you get home saying look at... going to cost me another pair of pants. But girls were different, they looked after their appearance a lot more than boys did.

I: As in like, sorry maybe I've-I've not communicated effectively there. What I meant to say was, how did you guys score girls if you didn't care about the way you looked, was that not something that they em...

P: girls came secondary to the-to the football, so to speak (laughs a little). The sports and activities we used to-used to go drinking and go to nightclubs and things like that, have a good laugh and meet girls and, have a few girlfriends, they came secondary-secondary to the sport.

I: talk to me about, food. Talk to me about the type of food that was presented to you when you were a child.

P: food err, we ate really well. My mum did well to put the meals on the table, erm and we had a Sunday roast, but that Sunday roast, would not only last for Sunday, it would last for Monday's tea as well. Erm, but youth of today, my son can't understand it but, my mother would buy a joint of beef and we'd have that on Sunday lunch and then she'd mince it and we'd have mince on Monday tea time, and she'd get paid weekly, she'd always get paid on the Thursday, by Tuesday, Wednesday the money was running out so, we'd be on egg and chips on Wednesday nights tea, and sausage egg and chips.

I: did your mum ever restrict you or like you can't have that much?

P: no

I: not because of the fact that there wasn't enough, but probably because she probably thought no if you eat that much it'll be unhealthy...?

P: no, she never, no because as a child leading up to my some probably late-well, my mid 30s, I was quite slim, I didn't carry a lot of weight I was a skinny child, so, it wasn't a case of looking after what I ate because I was gona be obese or anything. Erm that was never err, that was never raised as an issue, umm I used to eat. I was very choosy and picky in what I ate, you know erm...

I: why were you choosy and picky?

P: I just liked good old fashioned English food, y'know erm, as I've got older, I've adapted and when you start going out and start enjoying a bit of culture, and having curries like that, you know Italian food-but I still 17:29.75 there's one or two things, I don't go Chinese, you know, far eastern food, I'm not into that but I do like curries and yeah, Italian pizzas and things like that yeah.

I: would you say that your friends-the friends that you had at school, erm or throughout your lifespan were pretty much similar to you and-and their views and attitudes were similar to yours with respect to the way that you...

P: yeah-yeah I would, yeah very much so...I've got some younger friends, people who were maybe 10 years younger than me who I have met through football and there outlooks are probably different to mine I think that they've looked after themselves a bit more than I have looked after myself

I: who is that, your friends that...

P: yeah the friends that I have now. Yeah they've looked after their appearance a bit more than I have probably did.

I: why do you think-well you probably cannot speak for them but why do you think that-that maybe the case with them? Do you think that it's just good genes or you think it is...?

P: yeah I don't know errr, I don't know what it were, I was never one on appearances, probably because as a child we couldn't afford to spend money on, you know, appearance, being from a single parent family we didn't have a lot of money, we didn't go buying clothes every weekend and you know, erm, when me friends, you know, I think they were a bit different to these younger friends that I have now. They've been brought up with two parents and could earn a bit more money...even after they started to work they still looked after their appearance a bit more than me.

I: talk to me about, the type of TV that you watched as a child growing up? During your child years, your teen years, what kind of TV did you enjoy?

P: as a child, err, as a child, the age between, the age of 5 to 15 say I didn't watch very much TV because every night you were out, soon as you got home from school...I'd have to make me fire, for me mum coming home, it was coal fire so I'd had to clear out the old ashes, get the fire out, winter I'd had to light it and have it lit for when me mother came in, but soon as I done me chores and me tea we were out playing, used to play out you know until it was 10 o'clock and it were time to come in and go to bed, so I didn't use to watch much TV.

I: right

P: things that I do remember watching a bit-used to watch coronation street, with me mum, because that's-that's what she were watching, we only had one TV...children of today have one in their bedroom, we used to watch a bit of sport on TV, football was on telly...

I: who was your favourite sportsman?

P: my favourite sportsperson, erm, I haven't got favourites, you know, I-I support, local team, Bradford Park Avenue, I watch err, I used to go Leeds United a bit, used to support

them, Bradford Bulls but-I just, you know I'll support in general I watch rugby league, football, cricket, you know it's all-I don't watch as much as I used to do probably now you know, so-other things to do you know. Yeah

I: okay, that is interesting. Erm, other than playing sport have you ever engaged in any other body changing strategies? So, like have you ever been to gym if you don't mind me asking?

P: yeah I've joined gyms at various times, and erm, it's typical when you join erm, and the first two to three months you participate and get yourself fit, and then it starts dropping off, so instead of going five times a week you go three times a week...

I: then five times a year

P: yeah

(Laughter)

P: yeah you know, the enthusiasm drains away but, I was fairly fit and healthy, probably until I was, you know mid-40s, you know if you're playing football or are playing active football, you know, on a weekend, erm, and when I was in me youth, especially, we used to play football not on an evening but, used to play competitive football on a Saturday morning, Sunday morning and Sunday afternoon. You know, so like Saturday morning, Saturday afternoon, Sunday! Three or four games over a weekend, and unfortunately that's caught up with me, because now I have damage to both knees

I: right

P: erm, if I had me time again...I'd be a bit more careful to what stress I've put on to me body. You know, cause it has caught up with me to the extent to that I've got arthritis in both knees now, and I haven't been to the surgeon, who has done various operations, but he said the next thing is to have a knee replacement, which they don't like to do at such a young age, because it only lasts ten years, so they said if we could just carry on for another

five years, and then we'll see how it goes, erm, the arthritis in me knees is, it causes me a bit of mobility issues.

I: so how do you feel about body functioning? That is-that is probably more important to you than probably appearance.

P: yeah it is, yeah very much so yeah, erm, yeah appearance, I am what I am, I've put a lot of weight on over the past, what 15-20 years you know I've gone from being 12 and a half stone, to 17 stone, you know, my waist is grown and...

I: but does that really matter?

P: no it doesn't matter to me, it will to do to some people, some people take a lot of pride in you know, looking after their appearance and you know, but, to me I still feel, healthy in meself, although I have got issues with my arthritis in me knees, but as far as I am aware, I've got a good heart you know I do take part in active things whenever I can yeah.

I: why did you join the gym whenever you did join the gym?

P: it was just tryna keep fit, you know, keep a level of fitness.

I: and why is that important to you, why was that important?

P: it was important because you-you needed to stay fit to play competitive football...to play competitive sport, you know...to stop putting on weight you know, in certain areas.

I: but why is it a problem to put on weight? That is what I am saying, why? Why did you feel that? Why did you interpret that as being a problem?

P: well I just didn't want to get too fat, where I suppose, yeah it was your appearance that was being affected, yeah. Although later in life I did get a bit podgy and you know a bit 24:42.04... and over for my height and I am overweight but err, I've had various health checks and you do these screening tests and it comes out-read out in the end that it is-you are obese but I say well, I-I-I am 60, you know, I feel healthy enough you know, I've got

problems with me knees which has come from playing too much sport as a youth but, you know but that's-in hindsight you go back and you can tell someone that and you know, do that in a bit more moderation.

I: let me ask you because you can look at-you can probably look at this a bit closer than I can, but when you look at your friends or when you look at other men of this age, do you think that body image issues-so body image let me explain is the way that one thinks and behaves with regards to their body, do you think that intensifies with age, those feelings of...well somebody would say negative feelings because you're moving more and more away from looking youthful. So is-do you think that affects people, men, of these age groups?

P: No I don't think-I think it's probably, it's probably what you are brought up with you know, the body image is how you're brought up I think is, you know what background you're brought into you know, there are certain things you know I do on a daily basis like have a shower or bath every day, you know I do but, you know I put deodorant on because you don't want to smell you know, that's all part of your body image isn't it, you know, about your appearance you don't want people going behind your back saying oh he's got...

I: bad hygiene yeah

P: that's-that's the only body image that-that affects me.

I: okay so, we are going to-we are going to come to a wrap soon, erm, if you had to look at this person over there (points to photograph), and you could, say something, to this young man over there, anything that you would like to say to them, what would-what would you say to this person over here?

P: I would say you need to trim your beard! (Laughs) To get-to get- to improve your appearance 'cause it's just a bit rough isn't it, you know, I used to have a beard, probably from the age of 22, probably, I don't know 40, I used to have a full beard but I would never

want to have it you know dressed, clipped down and smart, erm I just let grow every now and again

I: so the Jeff that is over there-so you are happy Jeff now. Was he a happy Jeff then?

P: Yeah, yeah very much so, yeah, yeah.

I: right, and how, if I-if I had to ask you a final question how content would you say you are with your body at present, how would you respond to that question?

(Participant gives a deep sigh)

I: and it doesn't have to be just limited to appearance, it could be with whatever you want to say.

P: well, erm, I'm-I'm content with-in what I am, I am. You know, size wise, you know it's not what I-if I could I'd like to lose two stones but I wouldn't want it to spoil what I do, what I eat, what I drink, you know. If I was fit enough, you know if I didn't have arthritis in me knees, I'd do a bit more sport, I'd probably have a bike and things like that, and that would lose some calories that would shed a bit of weight, but I've not got the, you know, the ability to do that now because of my-arthritis in my arm

I: how does that make you feel?

P: it doesn't make me feel any worse or any better, I am what I am, you know

I: you're content

P: I'm content. I'm content with what I have, you know

I: that's the way it should be

P: yeah

I: see you're privileged to have that attitude because there are some people out there that you know, they have adverse reactions to...

P: aaah, I know-I know, my son, whose 20, just gone 20, he's got an issue with his body, because he is-he is a big lad, he's six foot three, he's bigger than me, but he's got a lot of weight, he-he-he actually hides the weight, by wearing, bigger-bigger-bigger clothes. You know he buys bigger clothes. And I can see, if I ever say to him-and he'll cover himself up, he don't like me to see the top of his body, 'cause you know, he's got a bit of fat, you know if a few marks, stretch marks and it's just because, you know, that's the way he's built but, I know it affects him, he doesn't like that to be shown in general public, you know.

I: but then, what do you-like, you obviously have a certain attitude where you-you know you, I can say you, pretty much seem happy to me you know, irrespective of the fact that your aging, erm, you know

P: I know

I: but when you see your son like that, do you ever advise him, to think or do you try to ever shape his attitudes like you think

P: I have tried to advise him, to not to eat and drink certain things, and to look after-do a bit of fitness, but, he'll do it for a short period of time and then he'll go back to the way he was.

I: I meant to ask, do you ever say to him, stop caring about the way you look? Are you concerned?

P: no well, yeah I am a bit concerned because I think it affects his confidence, it does affect his confidence, the way that he has piled weight on and his appearance and you know he's a young boy of today, I think they do care about their appearance far more than we used to do.

I: right

P: and I suppose it's today's upbringing, there's a lot more money about for them you know, then there was when I was a child you know, he has a job and he has his own money, you know, so he'll use it on his own appearance you know.

I: do you think if, your son was born when you were born, that, erm, that he would not have the concerns that he has today?

P: erm, it's difficult to say, if he had been brought up like me, then yes, he wouldn't have had the concerns

(Spouse walks in)

I: it's okay.

P: orite

I: well that's actually the end of the interview

P: thank you

I: so thank you

P: no it's fine, yeah,

I: and erm, that was-that was interesting

P: would you like to take any copies of these (refers to the photographs he had printed out)

(Recording stopped. The participant was thanked and informed that his images were not needed).

APPENDIX A.7.3. SID'S INTERVIEW TRANSCRIPT

I: So, thank you for taking part in the study.

P: No problem

I: You are part of this study because you match the selection criteria, i.e. are male and aged between 50-60. Umm, the purpose of this interview is to gain insights into the way you, as a man, umm, have perceived, felt and behaved in regard to your body at various points in your life. Okay? So I would like to, let you know that the interview will be recorded, umm, and maybe subsequently transcribed, analysed and incorporated anonymously, umm within the final report. So there's a possibility that there might not be

P: okay.

I: But erm, most likely there will be something that will come out of it which I might find interesting, that I would like to incorporate, erm, into.. you have a right to withdraw from the study at any point of the interview, and you are not obliged to answer, any, err, questions which you find uncomfortable. Right, so, if you are happy

P: absolutely

I: shall we start with the interview?

P: yes, carry on.

I: right, okay. Tell me a bit about yourself.

(Pause)

P: (tentatively) I, err, was born in 1962, so I am now 53, I have been in this country-the UK since I was three years old, originally born in, in India. So in the Punjab, but my family back there are actually from Pakistan. They were there before partition..

I: Oh from Amritsar or somewhere?

P: No from Peshawar.

I: Oh yeah

P: That's where my Dad was from, they did the long walk at partition, and they made it as far as Amritsar, went on to Ferozpur, and that's where they settled

I: Hmm

P: And now, obviously they're not around anymore, so, my dad, they all came here except for his brothers, they stayed there, so everybody, that we know is here in the UK, that's why- we-we are stuck here.

I: hmm

P: Been in Hounslow all that time.

I: Since when, sorry?

P: since 1965

I: Wow

P: In Hounslow. All that time, so, from schooling, to college, through to work, and-and even the girl I got married to was from this area.

I: So, how old were you at 1965?

P: '65? I was three years old.

I: right, okay.

P: So you can imagine, back then, coming here, the first wave of Asians, or second wave of Asians, everybody had two or three jobs, the house we lived in, was probably rented, and then you, you eventually brought a house, but Parents' would do two or three jobs, day shifts and night shifts, and study before you can get, your naturalisation, which came-which came later.

I: Tell me, about, how your parents were towards you, erm, as a child?

P: You know, as, as you were growing up, they, they still wanted us to be Indian. Yeah, initially, BUT, they always used to say, learn English. And don't learn any other language, so English became our first language, and that-that was really weird, to not speak anything else but English at home, but yet, I, err, can understand certain-certain bits of my mother tongue, but I cannot tran-speak, my mother tongue fluently, because that was drilled into us, day and night, you must speak it to be, accepted, and to eventually better yourself. That you can speak, nothing but English.

I: Why would your Parents' just want you to speak English?

P: Why, why they just wanted me to speak English? (Pause for thought) I guess they wanted us to be better than everybody else that is coming here from back home, who spoke nothing but their language. They wanted us to be, be able to, want to be accepted lot more frequently, and to get a job.

I: do you think that ever translated into the way that they wanted you to look as well?

P: possibly, because obviously, in the 60s and 70s, here was, everybody was wearing umm, the kind of fashion that they were wearing was, tight jeans, and it was, err, how can I-how can I put it umm...

I: Indians dress differently to white Caucasian people?

P: they do, and we did not have the typical kurta pyjama (A type of Indian attire) at home. We would wear jeans, and stripy trousers, yeah, er we tracky bottoms, err, and we didn't wear Indian, unless there was a function. Then you'd dress up, either in Indian, or in a three piece suit. Yeah, we, massive ugly tie and err, but they made-they made that normal in fact they, fact they as they were growing up, part from when they, if they, when they were going to functions, they'd wear an Indian suit, but we would wear three piece suits, and whatever was-was picked off the shelves, yeah I'd wear that. We-we did not wear, desi (Indian) clothes. That came later.

I: so it became more acceptable.

P: when I said, I wouldn't mind wearing, err, a shirwani (another type of Indian suit) yeah, but then, we didn't go Southall shopping

I: right

P: yeah. We didn't go cinema

I: Take me away from, attire...

P: Yeah

I: Take me to, your body.

P: Okay

I: when you were, err, let's say, you said you were in school in the 1970s

P: yeah, yeah secondary school started

I: What-what did you look like?

P: Skinny, young lad, with long hair.

I: right

P: And glasses

I: right

P: that was me, skinny young lad, with glasses and, not-not tall, petite, I was short.

I: When you look at this picture

P: yeah, yeah

I: what you describe is skinny, erm, with long hair and glasses, umm, how did you feel, at that time?

Did it occur to you that you were err, how did that, how did that make you feel looking that way?

P: Back then, I didn't know different, until I started looking at magazines. But the magazines didn't have Asian men in there, they obviously had white guys n white girls, but they were either topless or half naked and they had ripped bodies, muscles and we, we didn't. I would never question it, until I thought, actually that's not, that's not...we could be different, if we wanted to be. But it never happened with me, because we covered up. But I didn't, I felt less confident cz I knew that people were different, they looked at you differently, you were never accepted.

I: Was that because of your body or because of racism?

P: It was a bit of both, before I understood racism, it was my physical appearance. I would never get the-the fit abs or the flat abs or anything like that, our diet was different but I didn't, if I looked myself in the mirror, I didn't like what I saw-

I: why?

P: because I was just a skinny young lad, and everybody else wasn't skinny.

I: What were they?

P: They were either podgy, if I can say that now, or they just had muscles whereas I didn't.

I: what do you mean by podgy?

P: As in, had a belly, had, emm,

I: and that was more, desirable?

P: that was more desirable! There-there I was the skinny lad who looked different to everybody else, and then there were the people who had the big bellies, or the round tummies, but you haven't got one. You-you-

I: That's so interesting because now it's like the opposite!

P: it's the opposite!

I: If you have a belly now you are probably considered fat.

P: it's something-somethings wrong! Yeah but back then it was if you were skinny in-in Indian terms, or in Asian terms if you're skinny... why? Because everyone else had, because they-they'd be big, butch or just large

I: Kaandhe-peendhe (people who are known for eating well)

P: Yeah, they eat a lot and drink a lot, yeah, whereas I didn't, yeah.

I: If you don't mind me asking, why did you not... why did you not eat or, was there any reason behind like, was it-was it anything out of your control the way that you looked or was it something wasn't happening in order for you to...

P: it is possibly that, possibly, one there is me thinking, I don't like to eat a lot, yeah, and I think it is the right thing to do, and at the same time there might be something internal, your body just doesn't want food, yeah, it could have been that, I, never-never known, I wasn't tall, I was always getting checked, is it-is it malnutrition, is he not being fed, is he-is he a victim of any kind of abuse or, I just wasn't the same as everybody else yeah.

I: so when you were, when you-when you had that physique and when you had the long hair, exactly, well not exactly, but like how old were you at that time?

P: I would've started growing my hair when I was about, 1968/69.

I: So that was, you were only about, 9? 8?

P: 9, 8, or 9. Just about getting ready for secondary school.

I: So would you say you were aware of your body at that age?

P: I don't think- I don't think I really understood, yeah, I knew my body was changing, puberty was coming in, but I did not understand it. Because people would not explain what puberty is. Parents would never talk about it. It's the un-the untouched or unspoken bit about being growing up, yeah, body hair and other bits of your body changing, yeah and they were never talked about, so you were kinda left on your own, what is that eh? Why am I looking and feeling differently?

I: Do you not have any siblings?

P: Now?

I: As in like...like, did you have, do you have..?

P: yeah, yeah yeah yeah, I have an older brother. Yeah I have an older brother.

I: right, and did he never, discuss...

P: Absolutely not

I: Do you reckon because he was probably more, he was older than you, he was more relating to your parents, their mentality?

P: correct. He was seen as the elder one, and he goes first. Everybody is secondary, yeah and, we just follow suit, but it did not make any sense to me, and for a long-long time until I worked out for myself, that there's nothing wrong with you being the way you are, accept your body as it is. Don't have a, don't get a complex about it. Sometimes I'd be going, is there something weird about me? But no one's there to tell me, yeah, you're on your own. You could not approach a school council, you were, weird, in the 70s you'd never go and speak to a complete stranger about yourself.

I: Like you would today

P: Like you would today! And yes, the race comes into fact that at school growing up, you were pushed you were bullied, you were spat on, and you were called names, you're spat on in the street, you're pushed down in the street, and, you know, who would you, who could you... apart from your own. But they would never talk about it.

I: So being skinny, would you say you wanted to be bigger... as a result of the reaction that you used to get...?

P: Define big, when you define big, I didn't want to be big and fat. I wanted to be taller, and have a bit muscle. That is what I wanted, and to be able to run, and to be able to cycle

I: but, would, what...?

P: ...participate in those things that, I felt I can't push myself, I'm not being accepted either by Asian boys... and girls, or non-whites people, even black.

I: So even the Asian boys at that time, there were people who kind of resembled the kind of bulk that the white people...

P: correct, correct. Yeah, yeah. They, they were very prominent in that, whereas-whereas I wasn't. I was of that-that skinny guy that-that people would say you can't-can't be in our gang yeah.

I: Talk to me about your friends. Who were your friends at this age?

P: (Long pause) Majority was obviously, obviously were from school, yeah, but umm obviously, life back then, you wouldn't, you weren't allowed to hang out with them. Well I wasn't allowed to hang out with them.

I: Were they white?

P: No, no, they were mixed groups, but they were okay to come to birthday parties, yeah, but that was as far as it went. You couldn't hang out with them, like, go to the park.

I: What did they look like?

P: They were bigger than me, height and in-in broad. They were-they were definitely bigger. And a lot stronger- a lot stronger, physically-stronger than me, yeah.

I: How did that make you feel, hanging around with boys like that.

P: Well it was nice protection, and they were your mates, but you-and you could look up to them but then you erm... I'm not them. I'll never be them. And you've just got to being second rate.

I: So, you never felt inadequate in their presence?

P: Never knowingly, they never made me feel inadequate, yeah. In that-in that, in that tight group yeah. They were those outside of who... you would never be allowed to play cricket. You'd never be able to play football. You were never accepted, because you weren't them. Yeah. And obviously money was the other thing. But that, that, that's a separate thing in my appearance.

I: What do you mean you weren't allowed to play cricket or you weren't accepted? Were there- were there specific criteria that you needed to meet in order to...

P: You needed to yeah, you need to.

I: Was this professional or are we talking about...?

P: we're talking friends yeah. We aren't talking club level or anything like that, we are just talking playgrounds yeah.

I: So they made rules...

P: If you can't do certain things, you don't look or dressed, then you're not in.

I: right

P: You're not in.

I: That's really interesting.

P: And, again, this is obviously never talked about, back then you're probably...you're the first person I've probably spoken about it.

I: wow. Let's move on from that time to, let's take it five years ahead. What did you look like now?

P: obviously puberty had set in, the long hair had gone, the glasses were still there big thick rimmed glasses, erm, a moustache, yeah, but no beard. But, no-no-no chubbier at all, yeah.

I: So around 14 you were still a skinny guy?

P: yeah very skinny guy-very skinny guy but then-and not-and not tall. I was still vertically challenged. But still the skinny guy, but that was it. I could bury myself into studying to hide away from the fact that I don't have, I don't play cricket I don't play football, I don't play rugby because I'm not that physically-physically agile, physically strong, to be able to do those things, but that was me. Yeah so, erm, it-it wasn't a good thing, the long hair had gone but...

I: Why did the long hair go?

P: I think TV and what you saw on the cinema, made me think, actually long hair is not that good. Yeah, and why should I have long hair?

I: Okay let me just take you really... like really quickly

P: yeah go on...

I: le's go back to the magazines.

P: oh yeah-yeah

I: What magazines were they?

P: Oh blimey. Back then I think we had em

I: With guys like that muscular...

P: Apart from the TV- apart from the TV I think there was em, the name escapes me now but it was em, some of the music magazines, back then I don't think they exist anymore. NME was one.

I: hmm

P: but they would-they used to portray heroes in those magazines

I: right

P: I can't remember what the other ones were called.

I: Rolling stones?

P: Rolling stones? No I don't think I could buy Rolling stones. No, that was a bit too expensive. These- these were the cheaper ones; the NME was a lot cheaper back then.

I: so there were music magazines...

P: there were-there were other TV and other magazines but I can't remember their names, they don't exist anymore, they, they would have your TV heroes in them, then, the odd cinema actor, but they...then you think well...look at those guys yeah.

I: Do you remember who that TV hero was?

P: typically back then, being the mid-70s, it was the era of your Barry Sheen, your James Hunt, then you had your Martin-Collins, your Louis d... erm, Louis Collins and Martin erm

I: Martin something

P: Martin something yeah, he was from 'The Professionals'. Then you had your Roger Moore, your Tony Curtis, and they'd be OUR HEROS...obviously in the Western world. The Bollywood scene, which was growing in this country, obviously it was your Amitabh, it was your Jetendre, it was your Shotgun Sinha and you're... they were big, chunky guys. Amitabh was skinny and I thought, ey ey he's skinny well that's orite then. That's cool, that's accepted. But that was then, here obviously Western styles, people who you look at, you don't mention their names, but your music stars then yeah, before Michael Jackson hit the scene. But it was those Western guys from this punk rock... the glam rock era that we grew up listening to, that we didn't know anything else. And don't forget radio was, there was only one radio station...and that was radio 1. You could-there was nothing else. We didn't know about the pirate radio stations, there was, all you had was, the BBC, and that was it. And that's all you knew, you didn't know anything else.

I: So you're 14 something, you're still skinny, your hair's gone short, and you are saying the reason for that is because of the movies that you watched or?

P: It was stuffed I watch, things that you are exposed to.

I: So no, but as in like so, so what you've been exposed to these things, why does that make you want to cut your hair short?

P: I just...didn't want to be like the long hair 'cz if-if you think carefully people that had long hair weren't accepted. It wasn't the norm. That was the rebellion.

I: what would long hair get you into trouble for?

P: Ok. Bluntly, if you had long hair you're considered layabout, a lout, had-was a person who didn't care about themselves, didn't-didn't know where they're going what they're doing, and you had no future, that was-that was if you had long hair.

I: If you had long hair, those were the connotations...?

P: those cono' yeah-yeah.

I: that's crazy.

P: It sounds daft but-

I: No, I mean it probably meant a lot back then.

P: Back then that's-because if you think about it, em, those-those people that were older than me grew up where, had to be short hair, short back and sides. That's what its called. If you go to a salon, it would be short back and sides, that's what you would walk out with, if you wanted to have long hair, that was unusual because nobody else knew about growing-only girls had long hair, guys would never have long hair, yeah, simple as that. SO

I: So it's to do with all that gender thing

P: It was a mixture, but that was- you shouldn't have long hair, if you had long hair you're a-you're a nobody.

I: But when you did have long hair, what did your family say about it?

P: They thought it looked pretty

I: So they didn't have a problem with it? They didn't say waal kat (cut your hair?)

P: They would say trim it, keep it neat and tidy but then-that was, that didn't last that long yeah, I thought, nah I questioned it and said well I don't need long hair, I might try the short hair then you can, you just-just fit in

I: Why did YOU have long hair when you had long hair?

P: Why did I have long hair? (Pause for thought)

I: Like what, you just couldn't be bothered to cut it or?

P: I think, there was a-there was a time we thought well having long hair is cool, yeah because people did have yeah, you saw images of other people having long hair, yeah, not obviously my immediate family but, well, mates have got long hair, shoulder length, well not shoulder length,

collar length, yeah, it's alright and you see people on 'top of the pops' had long hair, that was alright, why not, and every salon you walk past, had a picture of a guy, or bunch-a guys with long hair, yeah, neat and tidy, perfectly shaped, yeah, whether it was gelled or whatever, yeah, it was nice an' neat and tidy and I was hey, why not?

I: So, even though the norm was to have short, back, but there were still, I-I won't say a minority or majority, but there was a fraction

P: there was a fraction...

I: of men who had those hairstyles. You liked it,

P: You tried it. Tried it gave it a go ... but it was hard to maintain, you couldn't maintain it in the real world yeah, and that's... people spent hours looking in the mirror thinking is it-is it out of line, is it out of place, going to functions you'd wana be-look at my hair it's perfectly set... it's just not the real world yeah, it's just not the real world, it looked good in the picture but that's... you can look back now think how stupid did I look, with that long hair, but, everybody else did it, all the bhangra bands that were coming up in the 70s, they all had it, crazy perms...

I: If you don't mind me asking, are you Sikh?

P: No

I: Right

P: No I'm not Sikh.

I: I just wanted to ask, because of the hair and that kind of stuff as well.

P: yeah, yeah, nah.

I: Erm, as a boy, erm, did you actually ever look pressured to look a certain way? I know that probably sounds very broad but, did you ever feel any pressures coming from, I'm talking about the primary years of your life, like, we are going a bit back now, we are talking about mummy, daddy...

P: yeah, yeah. Erm, no, that's a blunt answer. I'm sure there were others, who were, but I personally don't recall, nah, I don't think I've ever felt pressured, to do-to be that way.

I: You know what I'm interested in, you're a martial arts...teacher?

P: instructor

I: instructor

P: coach, instructor...

I: where, this might be going across the lifespan, at some point, but where did that come from?
When did it come?

P: when did it... it came 18 years ago. So, I was still a mature, mature adult, a parent, that's where it came from. Because of, I wanted, I wanted, it started off with me taking my kids, I thought they need to step up, they needed to be strong the world was changing, they can't be, they got to know how to look after themselves, yeah, I don't mean violently, but they needed to know how to defend themselves, either verbally, or if it came to it, physically, yeah

I: Physically

P: That is how it started.

I: And I used to take them religiously, every week for a class. And I one day, just said to the, then the bigger instructor, the head instructor, your numbers are growing, the ratios wrong, do you want help? And that is how it started for me.

I: Right, so you offered to?

P: to step in, and-and help, only to help and that is all I have been doing ever since... I just assist. I know enough now to be able to do it, to be able to coach other people

I: okay, without having to branch off anywhere else, let's go back to 14 and now let's move forward five years now. Ok, so now you are, 19.

P: 19

I: what do you look like?

P: 19, glasses, short hair, still skinny, yeah, mooch (moustache) and at college

I: why did you have a mooch?

P: everybody had one. err, it was a sign of manhood. Having a mooch, everybody else had one, you were a man, couldn't have a car. But you're a man, you are considered a man.

I: And is that, was that something that was adopted by most people, white people, Asian people?

P: I saw a lot of guys having caterpillars under their nose, yeah, no disrespect. Yeah but that was, the lot of 'em had it, again, possibly big-big movie stars had 'em and they just copied them guys, 'cz they were their heroes. Yeah, but it were, having a mooch made you feel more of a man. It was stupid, c'mon, okay, that's my personal opinion it was daft yeah... girls didn't like 'em, but you think, for

guys it was, it was- you should have one, cz everybody else had one. If you think about it now, all the politicians had one, movie stars had them, cz it was the thing to do, it was-it was-it was a silly, silly thing...

I: How did you feel about, your body, at 19?

P: (pause for thought) why wasn't I muscular? Why did I not have muscles? Yeah I tried to work out as much as I could using whatever I had at home to...

I: what did you have at home?

P: books. Heavy books. I didn't have weights, couldn't afford 'em.

I: that's very interesting. How did you do?

P: Stack 'em up and try to lift them. Tie 'em up with a bit of string and try and lift 'em. Bags of potatoes if I could do it, yeah, grocery shopping, yeah, big desi shopping (shopping related to the Indian subcontinent) trying just carrying those.

I: when did you start doing this? When did you start doing this??

P: It would have started when I hit college. When I left school and gone into college.

I: Was that around this time?

P: that was, yeah-yeah.

I: Wow, that's amazing. I know my dad used to do that with dudh di bothla (milk bottles) like literally with anything!

P: yeah, yeah yeah. I couldn't, obviously didn't have money to buy weights and obviously I didn't know what the quality was like back then, yeah, it was an unknown to me, but yeah I would literally pick up whatever I could, and try an' give it a go. It would be rubbish or, a bag of potatoes, a bag of onions, just trying yeah, whatever was around you, yeah, couldn't do chin up we dint have chin up bars, or, didn't understand how to do pushups, there was no quality teaching or someone to explain to you the right and the wrong way to do it yeah.

I: Why did you want muscle though so badly? I'm guessing you been wanting them a bit earlier than this?

P: yeah yeah, I was skinny, and thinking well, why-why can't a skinny guy, you know, lean guy I call em lean nowadays have muscles? Why can't my body transform to those having a-those guys with the big chests.

I: Why didn't you? Why do you think-why do you think you were skinny through your preadolescence... well, adolescence. Why do you think you were skinny, were you not eating properly or was it your genetics?

P: I-I, if I think back now, I don't think it was the-food, food was okay... I was never hungry, there was always food to eat yeah, my body just didn't develop that way, and that was really-really weird to look at, because you look around thinking, I'm still wearing a 32 inch shirt, everyone else is 40, or bigger, yeah. I'm still y'know, got a 28-29 inch waist, y'know, flat. yeah, straight line, no curves, yeah, and that was it, very odd, very-very odd.

I: See now, if I had that, I'd be, or boys would probably feel happy nowadays...

P: being yeah, just don't eat and be skinny.

I: So would you say the reason why you felt a bit odd then was because the way that beauty for men at that time was-different?

P: yeah

I: so what-how was it defined back then do you think?

P: a typical man, back then, would've been, 'em, I'd say, a skinny waist, but a-but wide on top. Body would come out in a v shape. And that was the guys back then, started to work out, because it was the beach body, it was the start of the beach body era and in, in that time we would've seen the big heroes on TV weightlifting, pumping iron. Yeah your young Arnie-Schwarzenegger and your Lou Ferrigno became the incredible hulk, they were all body builders and you'd be able to suddenly see guys, who are body builders, and then, why can't that be normal, but it wasn't, it didn't suit... not everybody had', could get that figure. Simple as that. y'know.

I: Did you try?

P: Yeah, Mr. Universe, you tried your best. but obviously we didn't live and breathe in the gym. You had whatever you had at home because your broke.

I: How much did it bother you?

P: A big way, big-big way. You came to, well, it's never going to change, you have to accept it. but it'd bug you because you'd look around you and all my-all my friends have moved on. They've gone their separate ways, but you look at your cousins and your family members, they were BIG. Yeah, muscular, simple as that. Whereas we weren't, well I wasn't.

I: You, You, I'm not going to say let's take this five years forward, or let's take this ten years forward, I'm saying, take me to the point where things might have become a bit different regarding your physical appearance.

P: So that would have been a lot later, that would've been in my mid 20s yeah. Mid 20s I began to notice a natural change. I-I didn't go to the gym, but I worked-I worked hard at keeping my body the way... gym bit came, going to the gym and experiencing the gym and physical activities, in terms of work, my non-work life changed me. Yeah, I decided to unconsciously do something about it, I began to go running, so I'd buy myself a pair of running shoes, join a running club, when I could afford it I would go to the gym. And then start thinking, and looking and researching right, what can I do to change me, yeah, eventually getting a job. I joined the terrorist royal army, and I did that for four years. Three years, three years. And there you had to be physically, FIT. Yeah, you had to have the muscles and the only way to get that was for me to start doing it at home on my own or going to a gym. And that was unconscious, I didn't realise I was doing it until I started to think, I've got to do this to achieve-to achieve the entry and you had to meet the criteria, but I thought, I will now meet that criteria, and they aint going to turn me away, they don't care about my skin colour, they care about my ability. I made that decision and just started to do it.

I: If they care about your ability, why would they care about the way you look?

P: erm, why would they care about the way I look? (Pause for thought).

I: Why did you want muscles?

P: I wanted muscles so I would, so I wouldn't need to not look, not have, ok-ok let's rephrase this.

I: Take your time

P: I wanted to have-I wanted to have that-those muscles and that body that could-that would define me and I would look differently, but I could wear and I could actually fit into different clothes, not your skinny boy teenage clothes, you can actually wear grown-up clothes, yeah? If that makes sense.

I: No-no-no, that does make sense.

P: and hitting the club scene and the music scene where you would have to wear different clothes, you would not wear tammy-boy or tammy-girl, burtons, clothes from that era- from that age...

I: Tammy-girl Tammy-boy?

P: that was the fashion. The name Tammy, they was a-brand of clothing which little kids would wear up to an age, and it was up to a size yeah, if you were bigger than that dimension you'd go into a different range, a different style of clothes.

I: Okay so now you are saying your body changed at some point?

P: yeah yeah

I: In your mid-20s, yeah

P: yeah-yeah, and fashion should go with it, and...for me to get brand X I would have to change me a bit more, yeah.

I: Okay, so your body changed...I'm taking it back to that...

P: yeah, yeah go for it.

I: your body changed...

P: yeah

I: How does that change the way you think about your body?

P: How you look it, then I'd be able to look at myself in the mirror, and how other people look at me, so I could wear the smart shirt, the smart tie and then underneath it would be, there would be something there, and I'd be- you just feel happy about yourself. You didn't, you had the stamina to keep going, you weren't exhausted, and you looked good, and then when you look good, you feel good. And that's what it would come down to.

I: So you are a bit bigger now, and the fact that you are bigger, you feel better about yourself, and your body image changes...

P: it goes with it, yeah.

I: But, how much of what you did for example, pick up the books, the potatoes, contributed towards those changes, or they just happened because your body decided to one day too...

P: I don't know if my body just woke up, I don't know, it may-it may have just woken up, but it, everything-everything helped it along, yeah, and without you may not even knowing it, cz' what you do now, you do not realise the benefit until maybe 10 years later, so I wouldn't have necessarily known for sure but, I thought, well I got to do something and its better than doing nothing. Sitting on my bum, yeah, so do something and-and without knowing, it must have helped, yeah, and it might have woken me up and saying actually there is a different way of doing it, you CAN work out,

you CAN do what you can do and then just keep going, do little steps, but keep going and that's, yeah.

I: Umm, you mentioned potatoes, you mentioned...

P: Yeah

I: so, did that ever change, or did you-did you stick to wanting to use things from home?

P: I stuck it out as long as I could. Yeah, until, you thought I got to, getting a job, helped, yes I should go buy myself some weights or go to the gym, yeah if you are allowed to because you obviously, still lived at home, there was a lot of parental control, even at an older age, yeah. And obviously the market place wouldn't have the gymnasiums like it'd have now.

I: Why would your parents have, not want you to have the weights at home, in your case?

P: it was rubbish. Why would you wana have things like that in the house? Where you going to put it? Why you wasting your money? Yeah, don't-don't do it.

I: So they-so they held precedence over...

P: they were the decision makers. It was their house, it was their roof.

I: Would you say they didn't really care about the way you looked then?

P: I don't think they understood. They didn', what did-what does it matter to them?

I: What did matter to them?

P: that you have a good job and you bring the money home and, and that is it.

I: Okay

P: that was all that mattered to them, they didn't know anything different. Then, any form of physical activity, meant nothing – they didn't under-they didn't grow up with that, yeah. Simple as that... it wasn't accepted. Bottom line.

I: okay

P: no matter what argument you throw back, it was, you are who you are and that is it, now why do you want to go and do that?

I: So you didn't actually have that kind of pressure from your parents at least, in that respect to look a certain way?

P: Dress correctly, yes. How you looked, probably not.

I: So your body no?

P: But how you dress and appear, yeah, yes.

I: okay. Erm, let's go, let's move from your mid 20s now and now let's go to your mid-30s.

P: okay

I: what does this person sitting in front of me look like? What did you look like?

P: shall I be honest now?

I: yes

P: I'd have run away from home by then.

I: right

P: completely disconnected from everybody and everything

I: okay

P: So it was just me, on my own working, seven days a week, em, and I thought right, I should now-I should now do something and just keep physically going, that will make my mind stronger an' take my mind off things. So physical appearance, and what I do about it mattered to me. It was a release, from the norm, yeah, and I kept going and would work out daily. But I became- I never had that big butch body. I still never got it, never got it. I tried and tried and tried, for years and years...people throwing money at gym memberships, you're looking at one of those type of people who threw money to try to get their body to be like the guys you'd see on MTV back then. Yeah.

I: who was on MTV back then?

P: back then, see MTV just launched then, who did we have back then? Now I can't remember. Back in those 80s, probably likes of Duran Duran, likes of Spandau Ballet, erm, obviously the Jacksons, Michael Jackson, erm, then the Rockstars started to come in. That's who you saw on MTV. 37:30.38 Dire Straits and Simple Minds and U2. They were slim, good-looking guys. And, what did they used to wear? They would just wear anything they, y'know, black pair of jeans, or if you could afford it, you wore a suit, and your Don Johnsons, and your Miami Vice. Yeah, they were, they were the 'wow' yeah. Why can't I have the fancy car and the image that goes with it? And they were okay, they worked out, y'know they weren't tall or fat they were slim, slender, lean, muscular.

I: Do you think, Ok. Let's-let's go a bit more forward, because we are getting... could I ask you how old you are?

P: I am 53.

I: you are 53. Okay. So let's move, another five years forward. Now you are 40 years old. Are you still at the gym?

P: No.

I: What happened?

P: I couldn't afford it.

I: Right, so do you want to go to the gym?

P: Part of me would say yes, get back into the gym, the real Sid said to me, you are throwing money away, because gym prices, I dint... it wasn't value for money . Paying a mortgage was crucial, putting food on table was crucial, having a roof over your head and getting your bills paid was critical. Having a gym membership from 50 to 70 pound a month, not good.

I: So I am guessing during this time you got married.

P: I got married, I had a family.

I: When did you get married?

P: I got married in '92.

I: How old were you then?

P: I would've been over 30.

I: Okay

P: Over thirty yeah.

I: right, so you used to go crazy to the gym...

P: crazy to the gym, crazy clubbing, tryna stay fit. Running, anything I could do to keep physically active, physically fit. Both appearance and internally.

I: okay, when you say internally, are you talking about functionality, so your body functions...?

P: body functions and psychologically. Yeah, so how my mind would be more relaxed and a sense of achievement now that I done it

I: aah okay. So you used to workout for like you said the release and to...

P: to survive.

I: okay yeah

P: for mental strength.

I: oh okay for mental strength.

P: physically I was strong as I could ever be yeah, I wasn't, I couldn't, wasn't a pounding body with y'know, Mr. Universe with carves and thighs and stuff like that yeah, or arms yeah...

I: Do you think that body is achievable?

P: I'd like to say yes and that would be my faith that would tell me it is achievable, but I don't think everybody could achieve it.

I: why?

P: I think you're-you're DNA, your body make-up won't allow it, I think you can be the best that you can be, and you can turn your body in a certain manner, but you will never get, I don't think you can ever get, without some... (unclear what he said) which is not good.

I: Do you think pressures related to how you look, intensify with age?

P: (pause for thought) no. I don't think they do. I think, as-as you get older, you just turn around and say NO. It's just not-it's just not worth it. Why waste your time? It's not important. What's important that you do the best that you can and you look the best that you can. Yeah, I can't kid myself, I will never look the way that, I look-I look at people now who are 20s to 30s.

I: So you cannot look like this picture here but...

P: no way.

I: Do you ever want to though?

P: That's a fantasy, that's an illusion. That's not the real world.

I: But the question is, would you want to?

P: No I wouldn't-I wouldn't.

I: So would you say you are content...?

P: I would be happy half way. But I'd say I'm content yeah. I'd say I'm content. Do I look at people who are younger than me now, and they still can't get it, then that-then that's the truth, and I think well, are you really trying? Are you really trying to get it?

I: yeah

P: You look pretty okay now

I: thank you, thank you.

P: so, how content, okay that's... I know I am asking you the same question but, how happy are, ok... if you-if your 20 year old self

P: yeah

I: was sitting in front of you, like I'm sitting in front of you

P: okay

I: what would you tell that 18/19 year old? So, the younger version of you.

P: ok

I: if you had the opportunity

P: ok

I: what would you tell him?

P: that's a real... that's a biggy. I would say to any, if I met me, I'd say look: whatever you do, do something every day. Forget, trying to get, the-the 8 pack or the ripped body, that-if it comes it comes! But one, do something every day, and be happy every day. That's what I would say, then decide what you can do, what you can do, maybe take that and add a little bit more. Yeah, I would say do that then you-then you might see a change, but DON'T GIVE UP. Every day that you don't do something is the day that you lose.

I: So do you think you gave up at that age? Do you think you were unhappy at that age, now that you are giving that advice?

P: I-I personally think, one I gave up, yeah, I think I did give up, erm, it became less important to me, cz I found, you can find other interests, yeah. And I thought, what could I physi- really achieve. And I was naïve, I didn't understand, because there was no one to tell me, yeah, you had to find out yourself, and that just wasn't-wasn't really there. So, yeah.

I: okay. Erm, how content would you say that you are with the way your body functions now?

P: (pause for thought) I'm fifty-fifty on that one. Okay, I think there's alwa... I could... I do as much as I can yeah. I work out every morning, and I obviously still coach, four times a week. Okay. I can't, I'm not as fast as I used to be. I am not as strong as I used to be, but that's-that's just because I am aging yeah. But I am, I am happy. And I am happier, and I've got to keep telling myself that, even if I am lying, I got too keep tellin' myself that even if I'm lying, then I will keep going. The moment I say, no, then I've given up, then I've lost. Something which I won't do, yeah. So I've got to keep going, that's all that matters to me. I have to keep going if I get () roll over and die and I can't do that, yeah. I still do my long walks, I still do my running when I can, I still work out every morning before I go to work.

I: what does your morning workout entail?

P: it is a cardio workout. No weights, because I haven't got any in the house. I-just my body weight. If I can't do my own body weight, if I can't lift my legs up, if I can't raise my knees, then there is something wrong.

I: hmm

P: and so I'd say forget all the heavy machinery, yeah, if you can't lift your own body weight, there's a problem.

I: okay

P: ... there's a problem.

I: Aw thank you very very very mu

APPENDIX A.7.4. AHMED'S INTERVIEW TRANSCRIPT

I: Okay, umm. So, thank you for agreeing to take part in the current study. You are part of this study because you match the selection criteria, so you are male and aged between 50 and 60. The purpose of this study is to gain insights, umm, into the way, you, erm, have perceived, felt and behaved, erm, with regard to your body at different points in your life. Err, I would like to let you know that the interview will be audio recorded and may be subsequently transcribed, so I'm going to play-pause, everything that we speak about now, I'm going to keep, I'm going to play-pause, write-it up, so that's transcribing. Analyse that information and it might even be erm, y'know, integrated into my final report. Erm, but your identity won't be revealed. You'll be given a fictitious name. Erm, you have a right to withdraw from this study during any point in this interview, erm, also do not feel obliged to answer any questions which you are not comfortable responding to. Okay.

P: okay

I: So if you are happy we can start with the interview yeah.

P: sure

I: Okay, so tell me a little bit about yourself. Who are you? Where you from?

P: My name is Ahmed Awan. I'm originally from Pakistan. At a very young age my mother passed away, my father brought me and my brother to this country, erm, done all my schooling here, my education in this country basically. Grew up in this country, y'know, from the age of three onwards, basically 3 and a half. Erm, what else would you like to know?

I: Erm, orite, so let's go right back to when you first came into this country, how old were you again?

P: I was about 3 and a half, 4 years old.

I: So when did you start going to school?

P: Soon, more or less when I came, my dad-err, registered me at a school, in Yorkshire

I: Right

P: and I used to go in a bus, special bus

I: right

P: that used to take the children to school and bring them back

I: So do you remember it as early as that age like...?

P: yes I do, yeah I remember very clear to this day, our dad used to get us ready in the morning, he used to walk me to the bus stop, gave me a little pecka' on the cheek and then I used to go to school and then when I used to come back, he was there waiting for me at the bus stop, and he used to bring me back home. That was the first six months, after that I got used to it myself, and I used to bring myself home-and to school.

I: hmmm

P: erm, went to nursery, then-sorry went to infancy yeah, then from infant when to junior, and then from junior, I obviously went to comprehensive school, and then Bradford-and then err, Halifax comprehensive school was my last school.

I: Okay, when would you say was the first time that you ever really became aware of your body?

P: When you' like, y'know, when you're in your- 15-16, 14-15 when you are at that age.

I: Oh orite okay, so let's go a bit before that. So let's say from 8 to 11. At that point in time, what were you doing, where were you?

P: I was more into sports always, I was aware of my body, obviously physique an' that, erm, I used to do a lot of sports. And for that reason y'know I used to keep myself fit naturally 3:31.69 and I had a good physique that time from a young age.

I: And why did you play those sports?

P: I just loved it. I just loved playing any cricket, football whichever sports was going on at school I used to be a part of it.

I: So was that because you wanted to look a certain way, or was it just because you enjoyed the sport?

P: I enjoyed the sport and obviously when you play a lot of sport, it-it does physically make you as well doesn't it, into the person you are.

I: Okay, so what were your friends like?

P: My friends erm, only had a few friends. They were obviously because I was into a lot of sport, and that is where I made my friends as well, in that criteria.

I: okay

P: erm, what else can I tell you?

I: what, did they-did they play with you as well, or were they kind of friends that didn't participate?

P: No, no my friends used to participate with me in the sport, that's how I got to be friends with them really originally.

I: okay, let's talk-let's take you back home 04:36.70, so, this is before, this is not-this is not to do with your peers, it's to do with your family (your dad). Do you think he ever had any influence over the way you looked?

P: He tried, a lot to make me yeah obviously he used to say have your hair short, erm, the clothes I used to wear, because it was like a- fashion era. That time, the 70s, y'know when the flares an' that, he used to make sure I wear narrow trousers, things like that so he did have an influence on how I- looked basically yeah.

I: Why do you-why do you think he wanted you to have short hair?

P: because he was an army man himself, I think, an' he thought it was neat and tidy. So obviously-like I said the 70s was a-flares and long hair, err, but obviously dad used to make me look like-wanted me to look like with short hair. If you notice (pointing to one of his photographs) whatever I couldn't have at the time I did later.

Orite, so like in that picture there you've got longer hair.

P: yeah

I: And you had longer hair in this picture as well, outside the house

P: yeah

I: I mean even now you've got long hair, so it is probably something that you-you've tried to have because you didn't have it when you were....

P: I think so

I: So, okay moving away from clothes, did he ever-actually what type of physique did your dad have?

P: err, he was a big man. Naturally a big fella, y'know like he's... he used to look after his body, he was like walking a lot, even if we had a- even if he had a choice of getting a lift in the bus or in a car, he preferred to walk, health wise. So he didn't get fat, put weight on, and erm, I think that kind of rubbed on me as well, I used to like-like to work a lot to work instead of- I could have caught the bus, but I used to run to work.

I: Is that-is that by choice or was that...?

P: by choice

I: Okay and you wanted to do that because he did that

P: Yeah I think so

I: Okay so as a boy did you ever feel pressured to look a certain way would you say?

P: yeah, yeah I did. Like I said when I was about 13 years old, 14 years old, that age (pointing to a photograph) my friends used to have like different clothes, high heel shoes, this and that, I was meant-I was told not to.

I: And how did that make you feel?

P: I used to feel, what's that word... compared to the others? I had that complex yeah- y'know why can't I look like that in a certain way? But I think that was my age more than anything else. When you're younger you seem to think that, what your parents tell you is not right, y'know you think you are right at the time. And I felt like I should be able to wear, but obviously your parents are right an' that but you don't, y'know you don't realise that till later ages, when you have your own children.

I: Ok, erm, do you think that boys' are pressured to look a certain way?

P: In our culture I think its more women than boys really. I personally think that, but yeah, we do-we do get erm, disciplined.

I: Okay

P: Well my father used to anyway

I: Do you think the extent to which boys feel pressured to look a certain way has changed since you were a boy?

P: A lot. Yes quite a lot.

I: In what respect?

P: I think children tend to erm, tend to do what they want to do, and in this new era and age I think, to a certain degree I think they prefer, erm, if I said to my kids you've got to have short hair, by choice they would have hair that they would want to. Whereas image wise, to look-to look the part, where their playgroup is, or where their children they associate themselves with.

I: okay. So you-you-you mentioned something very interesting their about the kids that they associate themselves with. So do you think that peers have an influence over the way boys' dressed?

P: a lot.

I: Did they have an influence over the way you dressed at some point?

P: Erm, they did influence me yeah, so I could be like them.

I: Give me an example.

P: I told you exactly, y'know in my era there was like flare trousers.

I: right

P: my old man used to say: 'no! you have to wear narrow trousers, they-they're the gentlemen's way of, being. So, I mean I used to, I used to have a spare pair of trousers, and shoes and that at a friend's house. So when I used to go out, I used to go there first, change and then go out.

I: Orite, okay. That's interesting. Erm, how much influence do you think parents have over the way boys' think, feel and treat their bodies during their childhood?

P: I think their parents have a lot of influence on children, in our culture especially, being a Muslim.

I: okay, so, erm, talk to me about TV now. What kind of TV did you watch?

P: We were only allowed to watch erm, up until 9 o'clock in the evening.

I: right

P: the only time I could ever watch after nine was once a week, match of the day, like I said I was into sports, I was allowed to watch, if I behaved, in the week-during the week. If I behaved I used to get two treats: fish and chips on a Friday, dad used to allow me fish and chips on the Friday, a comic on a Saturday, and I could watch match of the day on Saturday night. That was my perks.

I: So, so that was pretty much the TV you were exposed to at that time?

P: yeah could only watch certain programs.

I: did that change at any point?

P: obviously when I got to the age of 15-16, then tend to watch basically what we liked.

I: ok so how old were you when you were allowed to watch match of the day?

P: I was about, 12. Like 12, 13.

I: Who was your favourite sportsman?

P: My favourite sportsman in that era was err, Georgie Best as a footballer, Pele the Brazilian footballer. In cricket it used to obviously be Imran Khan and erm, who else influenced me?

Did he play at that time when you were 12?

yeah he was just starting up at that time.

I: okay

P: these were mainly-Bobby Moore, was another, they won the 1966 world cup. England, the only time they've ever won it. And he was a name which used to pop up. So we used to look up to him as well. Bobby Moore, Georgie Best, Bobby Charlton, them type of people.

I: ok so, how much do you think that the media influenced the way that you wanted to look.

P: not around that time that much, media didn't actually get going until the late 80s or onwards. I was a grown man by then.

Okay, let's move forward to let's say, your late teens. What were you doing then?

P: my late teens (pause for thought), hmm what was I doing? Socialising, I was trying to socialise a lot with friends an' that. But mainly like I said I've always been the sportsman. I'd either be training or participating in a match, whether it be football or cricket.

I: and what-where does that passion come from? For your sport....?

P: from my school age isn't it. I mean we used to have school teams yeah I was the captain of my cricket team, captain of my football team, I was the captain of my rounders team, basically, I don't know maybe I was loud or whatever y'know I used to be passion-passionate about winning. Y'know I always liked to win. So maybe for that reason I was loud or they made me a captain for that reason, or maybe I dno, or maybe... But I was playing cricket for an Asian league up to the age of 29-30.

I: okay. What was your body like at that time when you...?

P: I had a really good physique

I: What-what is a really good physique? How would you define what a good physique is?

P: I mean I was, I'm 5-5'9 and a half and it was all muscle.

I: right,

P: I was proper fit.

I: okay

P: and healthy

I: what kind of behaviours did you engage in to achieve that physique?

P: umm

I: let's go to your earliest memory of when you started to...

P: I used to physically train erm, I didn't hardly do any weights. All my training was either on the ground. or it was at home doing press-ups, sit-ups, whatever I knew, I used to do at home, err I used to go to the gym, with my friends whenever I used to get the opportunity. And, I was very aware of my physique, the way I looked, I used to like to look good.

I: ok. So-so when-how early did you say-what would you say is your earliest memory of wanting to alter your body?

P: umm, when I was 15, 16.

I: What did you do?

P: like I used to go jogging, running, err, I used to run a lot.

I: did you have gymnasiums at that time?

P: there were gyms, but I mean I didn't join any gyms I used to just the training I used to do was just on the ground when I used to play, it was natural, everything was just natural.

I: Why did you think of doing it naturally and not go to the gym?

P: I never thought of going to they gym at that time, no one ever guided me that way. My old man was a little strict with me, preferred me like to-when I finished school, to be home to go to mosque, and then home to do homework and that sort of routine. So whenever I used to get the opportunity, like when I was playing, that's how my physique was naturally good. And participating in a lot of sport.

I: And I'm guessing after your ()...15:24.48 teens, that's the first picture that... you got married.

P: Yeah I got married at a very young age. I was only 21.

I: Your body isn't very visible in that picture as you've got your wedding suit on and you've got that thing on top, what was your body like there?

P: Erm, I was naturally fit. I had no fat. I've never had fat. I never used to go to the gym to lose fat, I think I've got a really fast metabolism I was told by my doctor.

I: okay

P: I've always been slim, but not skinny.

I: okay, let's move on to- actually, I'm interested in... skipping those two pictures, erm, this picture there where you are picking that kid up.

P: my young son, my youngest one, third boy.

I: you look very healthy there compared to your previous two pictures. So what do you-how old were you in that picture?

P: Here I would be, 1990, 30, 31, I was about 32, 33 I was here. And I perceived to be overweight here, because I had a bit of a belly, I'd stopped playing, erm, my natural sport and everything. I was into family life, working, so, I put a bit of weight on there, if anything and I was very aware of that as well.

I: hmm

P: it did bother me a little bit to be err, to have a belly.

I: why did it bother you?

P: my clothes. You know, I'd like to fit into my clothes and I was finding it, my normal sizes, the very first time I made, I-I, didn't like a belly, basically. Don't like to err, cz I've always been one way, and then I found that you know being married and everything, and err, didn't get a chance to train, er with my team mates or my colleagues an' that I tend to put weight on then. That's the biggest I ever was at that age.

I: uh-huh

P: I was into 34 waist then. From being used to being 30 at the very most I have always been 32. That was the only time that I was a 32 waist.

I: okay, and if we go to the next picture here.

P: I was 35 there.

I: you were 35 there, you look a bit different, you look like you've lost a bit of weight there, in this picture compared to the one before that.

P: yeah I have. Yeah

I: okay. So were you happy at this point now that you'd lost a bit of weight?

P: yeah I was back to my normal self.

I: why would you be happy when you had a belly?

P: It made me look ugly in it. Ugly, because when a person is used to having a certain weight, for years, most of his life, and then all of a sudden you've gone a bit overweight, it does play on your mind, I think it does.

I: why did it play on your mind?

P: err, to, because of the way other people looked at me? Maybe

I: okay. And what do you think the other people would have thought if you stayed like that? Or what did you think other people thought when you WERE like that.

P: erm, I mean my family members used to say to me, look y'know you look like, you've got a belly on you, y'know and it, played on my mind.

I: who is this family?

P: my older brother.

I: okay.

P: bareh chacha ji (named someone), my older brother. He used to point it out to me. Y'know he used to go 'oi ki hoya?' (Oi what happened to you?) What's happened to you?

I: oh

P: and I used to say, that's family life in it. I mean I've got my kids and my-I used to get fed quite often (laughs)

I: so, so they would comment on your weight?

P: yeah

I: yeah okay. And then what did you, how long was it before, what did you do to bring down your weight?

P: started training again. I used to jog a lot.

I: And did you think that made any difference?

P: I did make a difference yeah. And erm, also, my food, I cut down on certain food.

I: right. What kind of food did you erm, eat...

P: I used to eat paratha (flat, thick piece of unleavened bread fried on a griddle). I used to eat buttered chapatis. And I started to eat less, that way.

I: So you started to look at your food intake and...?

P: yeah. I became weary of that as well.

I: And this happened after-you say, you say it's family life that kind of-what, what about family life...?

P: also it was because of, I started driving. I had a car from an early age. And I think that affects you as well because all you are doing is get out of your house into your car, into your workplace. Back into the car. So you don't have very much time to actually erm, how can I say it to you, actually to, lose weight.

I: let's talk about, we are talking about body image here, so the way that you think, feel and behave in respect to your body. Let's look at, let's do this systematically. And lets start off from your childhood all over again. Let's look at those three components and say, SO- at the age of when you were a child, at the earliest thing, how would you say you felt about your body as a child?

(Long pause)

P: I never thought about it that way as a child.

I: okay

P: I never even, I mean, everything was natural , erm, I was.

I: you weren't really concerned at that age?

P: no, I never had a concern, like I said, I was into sports so much, I never got a chance to be to physically worried about my look-the way I look. I looked fine, naturally.

I: Let's enter your teens. How do you-how do you feel about- How do you look first, and how do you feel about those looks?

P: well obviously when people start giving you compliments the way you look or say something or... from looks wise and things like that, then you start being more aware of yourself. People-people point it out to you sometimes

I: uh-huh

P: y'know you're not, or err, you look at other people sometimes an' that y'know you think, y'know I wish I could be like that. I haven't had that reason to be like that, I think I was always orite.

I: So I'm assuming you always received positive feedback?

P: yeah

I: okay

P: I used to get compliments... to tell you the truth.

I: okay, so, obviously at that time, how did you perceive your body? You perceived it to be pretty well, pretty good?

P: yeah. Good. Healthy and good.

I: and that obviously made you feel positive about yourself?

P: yeah, yeah. It did.

I: And, and then, obviously, when you used to get these compliments, what kind of-did you carry on with your sports or was there anything else that you used to do as in like, did that ever encourage you to maintain that weight or like did you ever think okay now I am getting compliments maybe I should do something to keep it this way or...

P: no. No I didn't- I didn't. I just took the compliments in my stride, erm, made me feel nice, obviously makes you feel good. It's a good feeling

I: uh-huh

P: as you grow older, erm, as you grow older, then, I think, I personally think as you grow older that's when it comes, plays in your mind more. At a young age it doesn't. That is my view anyway.

I: So you are saying it plays more in your mind when you grow older.

P: After 40

I: after 40?

P: yeah.

I: ok so explain, ok talk to me about after 40 then.

P: that's when you start being more aware of yourself, because the compliments are not coming like they used to.

I: did they not come for you after 40?

P: As you grow older obviously err I think (under his breath) how can I put this into words err.

I: how was your body after the age of 40?

P: I mean I up to the age of 40, I was still okay. I had a bit of belly by then, that comes with err, as you are growing older I think and you are doing less sports, and less physical err, you are being less physical on yourself. So I think you tend to, get bigger and it plays on your mind of course.

I: what was it after forty that, compared to your, would you say you were less content with the way that you looked, after 40 then, like as opposed to earlier on in your life?

P: tell you the truth, me personally, I mean even when I was forty, I mean just giving you an example there, it does come into your mind a little bit, but, I've always been erm, how can I put it to you, its not really played on my mind really

Okay

P: I guess I was one of the lucky ones that er, I mean I haven't spiralled out of weight or

I: yeah

P: or in any way of form, so content with my life. I've been okay.

I: so, when you look at these pictures, and when you look at yourself now, let's take a leap to your current body. When you look at this journey, what-how do you feel in this present moment about your body?

P: I feel good. I still feel quite fine. I do, really I do. Erm obviously I would like to put a bit more weight on now if I could now.

I: why?

P: because I think I am underweight.

I: okay

P: for my height, for my age.

I: and why is that a problem to you?

P: No, no I've always had that problem I guess of putting weight on, all my life, I don't know, like my doctor used to say that I've got a really fast metabolism, even when I'm asleep, my stomach seems to be digesting food even when I'm asleep-my metabolism

I: okay.

P: so yeah to tell you the truth I have been like that all my life.

I: so when you-when you look at yourself when you were, let's say when you came to this country, to, your school days, to your college days, to your young adulthood, to your middle-ages, and now, you look at that journey and what do you have to say about how your body has changed? As in, do you have, what-what-what are your conclusions about-okay, do you ever sit and think: 'Oh I used to look a certain way' ...?

P: Oh yeah-yeah-yeah, naturally, 'course you do. Every person does I think at that age, I don't believe that- as you get older, I mean your looks are not the same, erm, body-body wise you are not the same. So it does play on a-I think, if anybody said otherwise they'd be lying. It does play on your mind of course it does.

I: if you had, a young Ahmed Awan in front of you. Like let's say the five year old, the 12 year old, the 19 year old, the thirty-five year old, the 33 year old. If you had them sit in front of you, what would you say to each one of them? Or, what would you say to your younger self? If there was anything that you could say.

P: I would say, y'know, I'd compliment it. I'd compliment myself from the age of 19, even up to about 45 years old. I've always maintained a certain, I've always been healthy. Alhamdulillah (All praise to God), touch wood.

I: Okay

P: Never had any problems

I: okay

P: in that respect

I: okay, well thank you for your time and thank you for your insights.

P: okay

I: and erm

P: you're welcome.

APENDIX A.7.5. KEN'S INTERVIEW TRANSCRIPT

Ken's interview Transcript

I: So I am going to like take you through a little brief, I am going to read it verbatim, but then the rest I am just going to let it flow how it is, so.

P: okay

I: thank you for agreeing to take part in the study. You are part of this study because you match the selection criteria, i.e. are male and aged between 50 to 60 years, erm, the purpose of this interview is to gain insights into the way you as a man, um have perceived, felt and behaved, erm, in regards to your body at various points in your life. Erm, I would like to let you know that the interview will be recorded, transcribed, analysed and possibly incorporated anonymously, umm, within the final report. Erm, you have a right to withdraw from the study at any point of the interview, and you are not obliged to answer any questions, which you find uncomfortable. Erm, so, if you are happy, erm actually first of all, what pseudonym would you like, like fictitious name, you'll probably know...

P: erm, oh I haven't even thought about that erm, Ken.

I: Ken

P: yeah Ken

I: orite okay, so we are going to call you Ken. Okay. So, if you are happy with the int- if you are happy shall we start with the interview?

P: yeah, absolutely go ahead.

I: so, tell me a bit more about yourself. Whose-whose Ken?

P: err, fuuf, Ken is erm, a man who erm, who now works at Manchester Metropolitan University, erm, helping students with their studies, and personal problems and personal issues as well. I've been doing this for about eight years. Erm previously to that I was a teacher, teaching English to international students, erm, and erm, that's a job I enjoyed very much erm, that's my professional life in a very brief nutshell.

I: uh-huh

P: besides from that myself who am I, that's a really good question (laughs a little). I didn't know you were going to ask me that. Erm, I'm a very easy going, affable, man who-who, isn't very easily ruffled, takes- I think, takes many things in his stride. Accepts all the knock-backs you have in life, doesn't always accept them, y'know, easily, but he accepts them

I: surrenders...

P: yeah, exactly. Just accepts that things happen, good-bad, indifferent. And yeah I am somebody who really just has a kinda laid back approach to life, doesn't-doesn't get too stressed even when it's whether its death, whether its marriages whether its birth, y'know these big moments in a person's life. Y'know, I-I just kind of take them as-they happen erm, although to be fair I have not had anyone Ma Sha Allah () erm, die who is very, very close to me. I have not experienced that. I have two children if something was to happen to them, god-

I: god forbid

P: that-that-that would be different I'm sure that would have a really, traumatic affect on the... no one, no one has died in my life who-who is very close to me. Umm, I've been married twice, two children, two mothers, and erm, yeah I just I-I, y'know, I'm fairly erm, self-, erm, resilient, self-reliant, erm, I don't let things get me down too much really.

I: Do you take, the aging process in your stride as well?

P: errr, I think so. Yeah I think so I mean, I must admit, now and again if I am being perfectly honest, I, y'know, whenever I am in the bathroom, naked, I catch myself in the mirror, I think, fuuf God (laughs) y'know. Em, that isn't quite the body I hoped I would have when I was this age. But it's just that-that fleeting moment and then-I don't go all 'oh I am so unhappy with myself, how I look', its just that moment when you see yourself, y'know, I see my belly that is sticking out and err, y'know my skinny arms, my skinny legs and I think, fuuf, but it's only a fleeting thing.

I: what kind of body WOULD you have wanted at this age?

P: erm, I suppose, just a bit more lean, muscular, erm, well yeah I suppose lean muscular and with very little flab, not that I've got a lot of flab anyway. But just a bit more lean shall we say and toned.

I: why-why lean, why muscular?

P: erm, well because you know 4:16.52 it is, I'm married and err, y'know, you want to stay attractive for your-for your partner, I mean I-she's-I'm attractive to her anyway, I'm pretty sure about that. I should not worry about that too much. But erm, just in myself I-I would feel a bit more, I don't know erm, I don't know I think I'd feel a bit more confident actually if I was a little more lean, toned up, yeah, I think I'd feel a bit more confident about myself. Plus, also there are a lot of images out there of course isn't there, on television, in films, on billboards, in magazines, everywhere. And umm, you see men like my age between 40 and 50 and above. Years ago, my dad's generation, you never saw men who were lean and tall and well-built, y'know, gyms didn't really exist in those days, I'm talking about, 30 years ago let's say, those gyms didn't exist, and if they did they were only for very young men, but as times have gone on, man has changed and you know, I'm 45 now, and I am still quite young, when my dad was 45 that was quite old, he was-he was a different generation he wasn't-he was quite old, and old men had bear bellies then and were quite hefty. Men are getting younger in

some ways, so you still I dno you look at someone like Daniel Craig, he just popped into my head, James Bond guy, he must be in his 40s, and look at him, and he's a ridiculous example I know. He's got to look like that for his films, but I think this is, there is more emphasis on men of this age, 40 to 60 let's say, looking good, and looking after themselves. So you feel that pressure as well a little bit.

I: Okay, so would you say-in an attempt to, change that... have you-have you ever attempted to change that?

P: erm, not in-not in a dramatic way, I am a member of a gym, not at the moment erm, because it is Ramadan as I said to you, I am fasting, but err, I am-I am a member of a gym but I only joined that two months ago. So it's not I've been last five years working out (06:16.35) to change my body. So, that would suggest that I am quite comfortable in my skin and I am. It's just, that, I think the gym thing is more to do with erm cardiovascular-looking after my heart, and my stamina levels. It was not about popping up and making myself look amazing. I mean if that happens, in the space of two years, fine. But that's certainly not the goal, the end goal.

I: Why is stamina important to you?

P: hmm, because I find myself I get tired, quite easily y'know, y'know my-my-my energy levels aren't great, any time of the year. I don't-I don't know why that is. Erm, I don't feel that they are that great anyway. I could y'know- I could, if I laid down on a coach any moment in the day, I could easily fall asleep. I could easily fall asleep at any moment. It doesn't take much for me to just drift off. So, I-I am a little concerned about my energy levels, and I have a young child who is only 9 months old, my daughter is 14 so y'know I'm not exactly at retirement age erm, so erm, I just want to, I don't want to get old quickly, 'cz you know when you get old-old, whatever that means, post 60-65, you naturally start to slow down, you naturally get more tired'er I guess, erm, the vast majority of people, erm, and I-and I do not want to get there too quickly.

I: okay. So, let's look at the pictures you brought. So let's go back to the earliest one.

P: the earliest would be that one (swipes mobile screen)

I: So how old are you there?

P: I am, 11 there.

I: okay so how-I know this is-this is early but, would you say that you were aware of your body at this age?

P: 11 erm (pause) I don't think so, because at that stage, 1981 I think that was, at that stage I wasn't really erm. That interested in girls too much. I think for men, and probably for women as well to some extent that interest in your body, how you look, particularly at this-near this age it starts to comes down to how attractive you are to the opposite sex. You know, personally that is my opinion. And I know people say no, it is nothing to do with that. But underlying everything I think it is about attracting

a mate, male or female, doesn't matter what your orientation, personally I believe that. And at that stage I wasn't really, erm, interested in girls. I was playing with my mates, football, y'know all that kind of a thing, I don't think I was that self-conscious at that stage because I wasn't really bothered about girls.

I: orite

P: I don't think so

I: so Ken at that age, erm, how did he perceive his body then? He didn't?

P: I was very self-aware. I was aware that I was very skinny, and I was, and I am, I am very slim now still, erm and I notice that, I mean I noticed it because I got the piss taken out of me because of it. And also the fact that I had red hair, I mean, when you are a young man at school, who is skinny and got red hair it is really not a winning combination.

I: right

P: So-So I was made aware of my body image, umm, my-my body, how it looked by people taking the mickey, and laughing and joking

I: and how did that make you feel?

P: err, yeah. It made me feel quite err, it made me feel quite low, but at the same-it did make me feel low and I didn't like it, but-but at the same time I was somebody who was very good-very good at football, in the football team, school football team so that kind of counter-balanced that, if I had been a nobody at sport, a nobody at school and somebody who-who still had the piss taken out of them, I could have easily fallen into severe depression I'm sure of it, but because I was a very good footballer, I got respect that way from...

I: achieving in other domains...

P: yeah, in other areas it kinda, y'know, counter-weighted that-that, those feelings of the, y'know err, I was way too skinny and there was literally nothing on me (nervous laughter).

I: Did-did Ken at that age want to change his body?

P: erm, no, at that age I don't think so, I wasn't that-I wasn't that aware of it, I mean I didn't like the fact that people just laughing at me, I think it was mainly about the red hair actually, I think looking back now that was the thing I probably got most- cz at that age a lot of boys were skinny. They weren't beefcakes obviously at that age, who is really.

I: hmm

P: but I was a lot skinnier than the average boy, erm, so I think it was more to do with the red hair. That-that I got a lot of mickey taken out of me. And the fact that my mother didn't cut it, for some reason, while I looked like a girl, erm, no 11 year old boy really wants to look like a girl I think it is fair to say. Erm generally speaking, erm.

I: so did you want to cut your hair?

P: err (laughs) can't remember, probably not! I mean I probably looking at me now I'm thinking I would have definitely cut my hair, but it is easy for me now to say that. At that time, I probably would have said to her, 'Mum! Take me to the bloody barbers now, get my haircut' but I probably wasn't that bothered

I: Aw okay. Erm, let's move on to the next picture.

P: next in age is (swiping through pictures) er, it's-it's-this one.

I: This one here, how old are you here?

P: er, that's my 18th birthday party, so I'm just 18.

I: So you've always been in Manchester (looking at his T-shirt in the picture which says Manchester...)

P: yes, well I err, lived in London for a few years, Poland for a few years.

(Between 11:45.63 to 12:31.67 we went off topic)

I: right okay, so, how old are you in this picture?

P: I was 18 there. In fact that was my 18th birthday party.

I: Ok So that's quite a leap now isn't it, from 11 to 18.

P: yeah

I: it is like seven years later

P: yeah

I: Does Ken, Is Ken aware of his body now?

P: yeah, I think certainly more so yeah. Erm, I was hanging around with these friends I had known from school from being young, 7 or 8, we were really good friends, and erm they were all at this party with me and erm, funnily I was looking for these photos of this party the other day and I noticed how much more em, y'know, let's say, more well-built they were for 18. I was still really skinny, and again it all comes down to attraction I remember thinking I think that's a bit of an exaggeration, they-they were okay getting girlfriends, even at this age I was struggling, I think it was partly because of the way I looked. And you could see...

I: so you were still skinny you would say...?

P: oh there was nothing on me at all, I-I just couldn't put weight on, even if I tried. I was smoking at that stage as well, so that- I started smoking when I was about 15.

I: okay

P: So I-y'know, quite regularly, not like 20 a day but I was-all my friends were. And erm, so that didn't help me, and the fact that I was smoking of course, I think, didn't help me putting weight on.

I: you said, even if you tried, so did you try?

P: well er, no-no I didn't really try! But-but I was eating fairly normally, I was having three square meals a day, I was y'know, I wasn't starving myself, all that was fairly normal, in that sense, em...

I: you're wearing a hat in that picture

P: am I? (Bends forward to look at the picture closely)

I: Or was that just-was that just...?

P: that's a shadow

I: was this picture taken at a club or something?

P: no, this is in my err, house, my mum and dad's house, we had a house party. With a strip-o-gram

I: oh (laughs)

P: I got kissed a bit, she didn't strip off completely but...

I: okay

P: erm, so, you were still quite skinny. Well, you perceived yourself to be skinny, or you-or you probably were skinny. But how did that make you feel at that age to still be- I know you've, I know you've already kinda said it, but if I had to ask you that question, how did that make you feel to still...?

P: Probably quite, erm, y'know shy. I think it made me feel shy, I think the fact that I couldn't talk to, particularly the opposite sex. Probably made me feel less confident erm even I would say inadequate.

I: What's wrong with being skinny though?

P: well there is nothing wrong with it, I mean it is not doing anybody any harm, no one's going to die because of it, and it is not affecting other people, but it is about how you perceive yourself in the-in the world and erm, and again, particularly at that age, 18, a young man, I wasn't a Muslim then, y'know, it was all about partying, drinking, and dancing, sex, girls, y'know. All the lads were like that, at that stage. So, y'know, if you think that again with the combination of the red hair tends to-tends not to be very err, attractive to, young women. I know I am generalising here but-erm, y'know it-it, to my-to my eyes, and the image of red head men, which may have been improved by a few people of the past few years, famous people. But generally speaking, when you are very white, red hair and skinny, you're not going to get the girls thinkin': 'oh hello!' (Laughs). It just doesn't-that's just the way it is. I mean, you usually need to have dark hair, dark eyes, lots of hair and quite well-built, that's the kind of erm, at that age again I am talking about here, it's less of focus on what you say in your mind, but how you look. 16:18.12 At that age, I thought-I thought that anyway.

I: So if you don't mind me asking, when did you meet your partner?

P: erm, well my first-my first wife you mean.

I: umm

P: I mean I had a few girlfriends between that age until I met wife, I met first wife in erm, when I was 29, 30.

I: And how did that happen?

P: erm, that happened in a-err, bar, in... I was with some friends. I was having a good night out, relaxing after a hard days work. And she was in there, We got talking, And, y'know...

I: Had that anything to do with your appearance at that time? So if we moved a bit forward now, what does Ken look like now?

P: Ken is-is erm, less self-conscious, what does he look like, he has less hair, he-he-he's a little broader, erm, he's got a bit more meat on him, and he's-he's just a bit more mature, he's less erm, inward looking, y'know, he kind of', I mean, the outer shell, and he is more happy with himself and his-and his intellect and his ability to kinda talk to people, to talk to women, on an intellectual level, not worrying about the body image

I: But then is that because your body, your body kind of changed didn't it, so do you think that confidence came with the fact that your body changed or was there something else going on that made you more confident that made you more...?

P: hmm, I think it's a little of both, I mean my body had changed a little, but not massively, I hadn't doubled in size or anything like that, so I think it was more just err, a kind of, a growing up- a new level of maturity. Y'know, at that age err...18 etc. 18 etc, those people, y'know you're not wise, you don't get wisdom at 18, vast majority of us don't anyway. And erm, it's all about how you look, that's- that's how you interact with your peers, with your opposite sex, y'know you are not going to go out there and woe them with your minds, that tends to come when you are much older and you've got something to say (laughs) you know 18, who has got anything to say really? You don't know anything really I don't think most people can, so, it's-it's to make you weigh of the world. And I think that was the same then and I think it is even more so now, it is worse today. Err, there is a lot of emphasis on the look you have, and-and your image, your clothes, your make-up if you are a girl, y'know all that, and it was-it was the same then, but when I got to 30, I was in Poland, I didn't worry about that so much, I was happy with who I was and what I had to say, my life experiences, y'know erm...

I: Where did that acceptance come from? I mean like, y'know like you said you were losing a bit of hair, I mean I am. Like y'know, but like, for some men that would really weaken their self-esteem, but for you, you seem quite-quite content or weren't...

P: it's interesting that because I thought about this once or twice, y'know the story about Samson, in the bible, where he has all that hair and he is very strong and then he loses it and he becomes weak. Actually for me (laughs) it was the opposite. When I had a lot of hair, I was very weak and useless, and when I lost my hair and shaved a lot of it off, that's when I became more dynamic in some ways , I mean it wasn't because I was () it just-just happened that way, and err, I don't know, erm...

I: it was like you just faced it, and then it just happened.

P: yeah, yeah I remember my friend, Greg, a good friend of mine, he y'know when he was 26, 27 my hair was a bit y'know, an' he was like, 'why don't you just shave it off?' An' I was like, okay go on, and I looked at myself and I said, oh sh** what have I done. But over the next couple of months I thought I quite like this look y'know, you don't have to worry about brushing it and washing it too much you know, styling it nonsense and I-and I kinda liked it and it coincided with a more confident me I would say.

I: Let's take a flashback, right back... before that, before the first picture you showed me now. Let's go back to preadolescence, like or, presch-not preschool, let's speak about family. Okay, so if you do not mind me asking, who was part of your family?

P: I've got a very small family, err, still do erm literally (something) a family and that's it. I mean I have a mother, a father and a sister, older sister who is five years older, erm, and that is literally it, apart from-my mother had a cousin or two, so I had second cousins who were their children, we didn't see them very often, err, I only knew one of my grandparents, he died when I was 14, 13, 14. So I didn't know grandparents...

I: father?

P: My father, he's dead now, but he only died er 2007, so obviously knew him into-well into adulthood. Erm, so yeah had a very-very small family. Very-very little influence from people older than me.

I: So did they, did they look like you-did you look like them?

Erm...

I: Or, how did your sisters look, or how did your brothers look?

P: Erm, I've just got the one sister (21:50.65) no brothers, erm, my sister she erm, got the same colour hair as me err, although my mother and father had brown hair so it was a bit of a-they used to call us the milkman's children (laughs). Y'know but erm but my grandmother on my mother's side she was Scottish, err, so she had red hair. My dad did have, when he had side burns, he had some red in there you could see that so, clearly we had the red hair through-through that line, or both those lines. Errr, my sister she was, she was always quiet plump-not fat by any means but just like women tend to be, they have more meat on them and a lot of () they carry more meat. She was normal woman, girl really. Erm, and we had a fairly good relationship when were kids, we had a really good relationship when we were kids.

I: How were your parents towards you? Erm, did you ever feel, did you ever get any instructions from your parents with respect to your appearance?

Erm...

I: Or any feedback?

P: I don't think I did actually, no. I think my sister did. I think my sister did, because she was a girl, and my mother being the female. I think she-she, they had more discussions about how she might look. What she should do with her hair y'know, how she might dress, the make-up she might put on, that kinda thing. I think my mum and dad, just let me be whoever I wanted to be, whether I was scruffy, smelly. Y'know unless we were going to a nice posh restaurant or a posh family do then its: 'make sure you have a bath', brush your hair, that kind of a stuff, but otherwise it was just, erm live and let live, you just be, dress up how you want to really. They weren't too fussed, I can't recall anyway.

I: What was your dad's body like if you don't mind me asking? What like, what was he at that time?

p: He was er, he was always very short, and erm, quite plump, he liked his beer, he was a big drinker, erm, that's a typical British man of that generation really. So he had a big bear belly for much of his life, I mean, I've seen pictures of him when he was-he was quite a handsome chap from when he was y'know 17, 18 till, to what, about, 30, 35 maybe, but then that middle-age spread started to settle in, influenced by a lot of beer, and err, so, my... 24:06.27 daring image of him is someone who is quite short, with a big belly and y'know erm, not very fit and healthy, didn't do marathons or anything like that, didn't walk anywhere so not very healthy chap at all

I: So you didn't, so-so would it be safe to say that you didn't really feel any pressures coming from home, which made you think ooh, y'know, I need to, I need to go to the gym, or I need to do something about this or, I need to do a bit more running, or play a bit more football, or...?

P: No, I didn't feel any of those pressures at home, I'm pretty certain. They did used to say to me though, passing y'know, you're so skinny or we'd look at photos, to previous summer holidays and they'd say look at your skinny legs, y'know that kinda thing, remember those kinda things, there was no pressure 'you need to do something about it' 'you need to be eating more steak an' or 'go to the gym'. There's nothing like that no.

I: But irrespective of whether they didn't directly say that to you, when they did say to you 'oh look at those skinny legs', did that make you want to put more meat on those legs, or did you wish you had more meat on those legs?

P: yes, subconsciously I did. I don't think it was a conscious thing. I wasn't lying there at bed at night, like y'know, 'oh whyyy' at that age 'why haven't I got...?'-No. But subconsciously even now it still bothers me. Even now it still bothers me. Even now I mean, my own wife says it to me sometimes, and you know, I don't-I don't have a go about it, because she is right, I am skinny. I can take it now, I am a bit older now, so it doesn't really matter. But erm, underneath probably does still matter a little bit, cz I don't want to be erm, y'know it is almost something to poke you with. And I don't like being poked, who likes to be poked (laughs)

I: of course.

P: Who likes being poked by anything? Erm, I am quite sensitive underneath I am, I suppose I am quite sensitive, that's-that's the only thing I am sensitive about. Anything else-you can say anything to me, but because it-because I was very self-conscious, about it from a, y'know, mid-teens I suppose, and I always reckon hearing messages from my mum and dad, even when I was five or six: 'oh you're so skinny-you're so skinny', it's almost this perpetual thing, that's the-that's the thing wrong with you, everything else is just fine, you're a nice guy bla-bla-bla, but you're SO skinny. So, even now I get it. I mean, I can see that you're an Asian guy and that from your name I know that- and I have an Asian family, extended family. Like my wife is Asian, err, and err, y'know when I first met them a couple of years ago, err, y'know my mother-in-law... 'we need to feed you, you're too skinny' (laughs) y'know, and I think it's that cultural thing as well, particularly with Asian families y'know, they don't like-it's like he's not being fed, his wife's not feeding him, his mother-in-law is not feeding him. So they have to feed me up and I was like, I'm fine! Y'know, this is the way that I'm built, I'm not skinny because I don't eat. I've just got a slender build. But they still want to build me up (laughs)

I: even though there is so many people, who would want to be skinny, like, for example, I-I feel like I'm...but that's the thing, that's the perception, like some people would like to be a bit more plump and then there's some people who would like to lose the weight so, thing about us humans is that we are never...

P: We are never satisfied.

(Stopped recording)

(Resumed recording)

I: Right, ok, sorry where were we? Do you remember?

P: Err, we were talking- I was just saying about erm, y'know the fact that even now I get people saying that I am skinny and err, y'know...

I: mother-in-law.

P: Mother-in-law, and wife because it is Ramadan and err, I'm not eating as much, err I have lost a little bit of weight I-you haven't seen me before. I do have a bit-well not a huge belly but I do have a bit of belly on me, I don't know why that is, could be because I eat too much bread or, I don't know, could be a yeast thing, but I do have a bit of a belly. And I have lost it this Ramadan, cz I am just not eating as much, and my mother just said it to me the other day. Oh you've lost some weight, y'know, it's almost some time-I may have lost a little bit of weight that's true, but it's almost like a conversation starter, I think, have I? Do you need to say that? Y'know my wife even said it, and almost-it's a, it's a conversation thing, even if it is true or not. I might have lost two or three pounds, tops, possibly. But, but it's err, its Ramadan you're not eating, 'ooh! You must have lost some weight then!' 'Hey you look like you've lost some weight!' And I may not have done actually.

I: That's an Asian thing

P: Yeah

I: yeah, yeah I'm beginning to see that a bit more.

(Both laugh)

I: okay, so, let's move into your thirties now. Okay, so cz' you kinda mentioned about your thirties almost, late 20s there. Let's go right up to let's say 35, 36. What does Ken look like now?

P: erm, Ken, has lost more hair erm, yeah he's lost more hair. And body wise, he may have put on a couple of pounds. But not that different from early thirties I wouldn't say. Erm...

I: How does he feel about these changes?

P: (long pause) to be honest with you I was happy, at that-that point. Between 30 and 36, 37 I was very happy. Emotionally I was very happy, I wasn't happy with certain things like financial things, jobs, y'know, but in myself. I was quite happy I had er, a family, I had a wife, who I loved, erm growing child who is only two, three, four years old...great joy. Em, I really wasn't that self-conscious, of-of-of, if my hair was going-it was going. Y'know I wasn't focussing on my body.

I: You were happy, you were accepted, you had the support.

P: Yeah, yeah I still the comments now and again that I have lost a couple of pounds-y'know, it's always been there those comments in certain stages in life, but I don't recall 'em and make me think, right, I've got to go join the gym and bulk up, nothing like that, I was fairly-I was comfortable in my skin-because I was loved. Somebody or my wife loved me, my child loved me, and y'know, family loved me, so I didn't- I didn't feel any need to kinda be different, or change my body in any way.

I: do you think if that was absent you would?

(Short pause) yeah. Almost certainly. C'z that would probably become your only focus or one of your main focuses.

P: well if you jump ahead a little bit, not long after that-that period, erm, my marriage broke down completely.

I: when was this?

P: this was 2008, so this was when I was 38.

I: okay

P: was between the ages of 37 and 38.

Right

P: so that had a very devastating impact on me. Y'know, divorce does-if it doesn't there's something wrong with you. But erm, that was a really awful time erm, and suddenly, erm, I remember at the time thinking these things, it's almost like you've been stripped completely naked and you're having to walk around the city and everyone's just staring at you. You feel so vulnerable and weak and pathetic. I

remember as a child, when I got lost in Kendal's department store in Manchester, only for probably five minutes without my mother- I just lost sight of my mother, as it happens to a lot of kids.

I: yeah of course

P: erm,

I: you got the separation anxiety

P: yeah absolutely. I panicked and I went arrrrhhh, and I think somebody came to help me. It could have only been five minutes but it seemed longer to me. And it was almost like going back to that childhood emotion of suddenly being alone in the world. It was a massive overreaction, I wasn't alone, but it felt like it. Like I'd been, a-y'know, abandoned, I was worthless, I was useless, and then you obviously start to look at yourself, and not just my body but, my whole self, thinking, well why is this happening to me? What did I do wrong? What's wrong with me? What's wrong with my body? That whole thing started to err, y'know...

I: How about what-when you say, what's wrong with my body, let's focus on that element.

P: sorry

I: Oh no, it's fine, we can talk about that as well, but focus on that and tell me-tell me about that element.

P: well again I think that just those age old kind of erm...

I: why your body all of a sudden? Why does that come to your mind at all? Why is that one of the things that...?

P: because that's-that's what, that's what the world sees, apart from the people who know you-know you well. I mean the people that know you well don't see your body, don't look at your body. I don't think, generally speaking, friends, they-they look beyond all that, they're not interested. Before you are walking down the street, you are interacting with people at work who don't know you that well, you're going to meetings whatever it is. When you walk in, the first thing they see is YOU. They see your body they see they see your hair your face. Size of your, y'know your body. And that's the first erm, impression they have of you. And when you feel vulnerable and-and kinda lost, err, you become a bit more self-conscious, because of the fact that y'know I- (05:28.61- second recording)... massively fat, or extremely skinny, or got lots of spots, or I'm losing all my hair, this all comes into focus. Because, because you feel, vulnerable. I don't know why that happens.

I: probably because, I don't know, was it-was it because you were in a place where you needed to find a new mate? I don't know, was it? Did you ever think about that, like you said you married twice... have you divorced twice?

P: no I married twice, divorced only once.

I: okay

P: I'm still with my second wife. I think it was only the initial period, after this divorce, this separation, divorce came a couple of years later, and at that time I felt a little better, but with this separation it was-it was a period of life where-maybe a year, year and a half, where I just felt y'know, pretty useless y'know, and err-err, a bit weak, and err, self-conscious, and-and to be honest it disinterested in anything, y'know, I was interested in women at all, or anything like that, it wasn't like restarting a relationship or anything like that. I just wasn't interested. My libido was very low and, I just didn't really care. Erm, so, but having said that...

I: you overcame it though

P: yeah, yeah well this is the thing I think I think y'know, I have had some traumatic experiences in my life, as I said, not so much-not so much death thankfully, erm, of close people, but, in relationships. Y'know relationships didn't work out. Somebody I really cared about didn't really want me, didn't want me back reciprocate those feelings, and overtime, those-those kind of erm, experiences and-and traumas, of course, cliché, they make you stronger, y'know-y'know healthier, mentally, absolutely, it make you stronger, so going through that divorce, was actually the best thing that ever happened to me no question, because I was quite, up to that point I was so loved and so liked, by her and family it was almost as if I could do no wrong. In fact, I was put on a pedestal to some extent by my first wife. And that of course, fed into my ego, which didn't need much feeding anyway. And made me feel a little too erm, too powerful. And err, sorry I know we are getting into some other areas here sorry.

I: no, no it's fine.

P: I've lost my train of thought now. So, so em, I started to act in a like obnoxious kind of way, in fact, I could have acted in any way I liked because this isn't going to, y'know, end at all. I am in charge of the situation, and then when it all comes crashing down, which it did, and that ultimately was a good thing. You have to rebuild yourself, and when you come crashing down and rebuild that person, you hope anyway, is a lot wiser, a lot mature-r, a lot more knowledgeable, calmer. And, is-is-is-is erm, accepting in that you fu*** up there, excuse my language, and you fu*** up there, you made a big mistake, and you need to make sure you don't do those things again, because if you do, exactly the same is going to happen, you're going to go backwards and, so it was literally like y'know, lots of cuts, lots of scars all over my body, and they were visible, not physically, but they were mentally visible but I was glad that they were, I needed to be cut and hurt in that way to kind of rebuild- to come alive again.

I: Okay, so do you think that pressures with how you look intensify with age? You can speak for yourself

P: erm, I think for women it does, my experience with women. My wife, ex-wife, just generally knowing women. They-they, they are always more self-conscious than men, again I've started generalising here but it seems like there is much more self-conscious, women have to look good for a long time,

otherwise they lose their job on television. They don't get paid as well as the male co-stars, apparently as you read. I think for men that old attitude about men are like fine wines, they grow better with age, I think that's-that's true to some extent, I mean I, given the choice, of being y'know, some of my friends say now, I wish I was 18 again, I'd go partying and drinking, that's part of the fact that I don't do that kind of stuff anymore. But even if I wasn't a Muslim and I still liked a good night out, there's no way that I would want to go back to that time because I was just like a child. I was completely y'know, I didn't know anything. And I was y'know, just a bag of skin and bones, finding way through life and just partying. I would never go back to that time. So I like who I am now and I've got to this point in life, and I err, but I don't feel that pressure, I don't think men feel that pressure that women feel as they are getting older and older. 10:09.71

I: okay

P: hmm

I: How content would you say you are with your body, right now?

P: erm, on a scale of you know, 1 to 10. Let's say erm, I'd say a 7 (laughs) 7 and a half. Y'know erm...

I: why not ten?

P: (laughs) good question. em, because I suppose if I-I really, y'know, liked my body, loved my body, when I saw my body in the mirror, I would be- I would have no fat, I'd be lean, I'd have, y'know, muscles, rippling, well not exactly Arnold Schwarzenegger, obviously not but y'know quite lean looking an' feel very good. But obviously I think that is an ideal, I mean, I don't think it would actually make me any happier. It is just an image that you have in your head, if I actually did look like that, I don't think I would be emotionally, spiritually any different, at all, I just think it would be more like erm, it would be like comparing for example, er, a small car that is not that erm, amazing, huge or nice, compare that with a Mercedes. In my head, of course the Mercedes is so fast, after two weeks it'll be doing exactly the same job as the other car and it wouldn't really...

I: that is a good analogy.

P: yeah it is just, it is just in your head, y'know errr, so I probably wouldn't-and also y'know if I am going to want to look like that, it is also partly because you want to attract-I think, I think it is a lot to do with attracting a mate, I've got no interest in attracting a mate. I've got a-I've got a mate. And she's attracted to me. So if anything, it might-it might build my ego up and err, y'know, it might do. And I don't want that. That's the last thing I want is building my ego up and thinking 'oh look at me I am so handsome, did she look at me there'. And I don't want to be thinking that way. In some ways I am very happy with who I am, I'm comfortable in my skin-I don't know why I just said that (laughs) because I don't think I'd really, yeah I am quite comfortable with who I am. Maybe I'd just like to lose the belly a bit. Just, just-

I: But why would you want to lose that belly?

P: because y'know in the mirror I can see it sticking out, and it looks a bit like I'm pregnant (laughs) and err, it is just err,

I: is it unattractive to you?

yeahh, a little bit-little bit unattractive yeah. The thing is that I have never had a belly, y'know, I'm so skinny, I know guys my age, I went to school with and they look a lot older than me. I'm 45 and they look, 50, 55, because they are still drinking and drank all their lives, their diets aren't very good, they are big and they are hefty. And I look at them and I think, I can't believe we were in the same year of school. And I never had a belly, and it's all in the last five years that... I started getting a belly for whatever reason.

P: 'cz you got married into an Asian house.

(Both laugh)

13:02.28 P: yeah the food you get and the portions. Erm, so it's only recent that that's happened, and I was like 'oh, where has that come from? I don't really like that'. Y'know, it's not me. It's actually not me, I mean I don't have a belly. In reality I do, and I didn't like it.

I: talk to me about your mum's feeding practices when you were younger.

P: erm, it was very basic food. Errr, me and my wife joke about this now, in fact me and my first wife used to joke about how little I know about fruit. I was never encouraged to eat fruit, eat healthily. Y'know I was forced to eat greens, vegetables so I'd just shove them (swallows) y'know that kind of thing. Never had fruit, never encouraged to have fruit, so it was all erm, y'know stodgy food, chips, potatoes, Sunday roast dinners, erm, frozen food, I mean I didn't have frozen food every day I don't want to say that my mother is a good cook, was a good cook.

I: oh no, if you had it more regularly, even that is pretty normal.

P: yeah, we-we did erm, a lot of processed meat, ham sandwiches, y'know that kind of a thing. So I didn't, I wasn't a very healthy eater, really.

I: did you ever get, fed more than your sister?

P: No, no we were given equal portions.

I: like you know how your mum would say: 'oh brush your hair this way, do...' –did she ever like, not feed her as much as she'd feed you because she wouldn't want to...

P: no nothing like that. No, we were all given the same kinda food. There weren't no choices, it wasn't like a hotel, what do you want. This is what I want, eat it...err, no.

I: Erm, if you had, y'know like the picture that you showed me, if you had, actually let's take-let's bring it out, is it-is it, will it still be up there? (Brings up picture on the screen). Okay, if you had this

gentleman you know, sitting in front of you right now, down here, or y'know, as you look at that person, what would you say to them? If you had anything to say to them.

P: well I wouldn't say anything about his err, his err body. I wouldn't transgress those boundaries. If he was sat here

APPENDIX A.7.6. JACK'S INTERVIEW

TRANSCRIPT

Jack's Interview Transcript

So I am going to read a little brief out, verbatim, because umm, erm, so thank you for taking part in the study. You are part of the study because you match the selection criteria i.e. are male and aged between 50 and 60. Erm, are you?

P: I am.

I: The purpose of this study is to erm, gain insights into the way you as a man, have erm, perceived erm, felt, and behaved in regard to your body throughout your lifespan, at various points. Erm, I would like to let you know that the interview will be recorded and transcribed, analysed and possibly erm, incorporated within the final report. Erm, you have a right to withdraw from the study at any point of this interview and you are not obliged to answer any questions which you find uncomfortable. Urm, so if you are happy shall we start the interview?

P: Yeah I am very happy with that Malik that will be fine.

I: okay, so. Tell me a bit more about yourself.

P: Well I am Terry Kendrick, I am the director of executive education Leeds University Business School, Umm, previous to that I have worked in a number of other business schools, err as an MBA program director, as a senior lecturer in marketing. Before that I had 20-25 yea-well, 25 years' worth of consultancy around the world

I: wow

P: as a marketing consultant, strategic marketing consultant. Born in Yorkshire, brought up in Gloucestershire, live in Norfolk even though I work in Leeds. Got five children, and erm, had a couple of wives.

(Both laughed)

Sums it up! Take me back to-take me back to, when you were seven.

P: okay

I: tell me what Terry look like?

P: Terry's umm, at seven is err, I guess, pretty average, umm, in many ways I can't remember him very well. I can remember, when I was thinking of photographs I have, of me at that year, I remember me at 5 going to school, with a satchel on my back, photos of me there. I looked a kind of well turned out, erm, very average, y'know average body shape, average body size, just pretty average really. Umm, probably not even aware of my body to be honest.

I: So you hadn't really developed any perceptions of the way you looked at that age?

P: None at all-none at all. I was err, I was umm, not particularly aware of myself, I was more umm aware of the outside world, y'know and err, umm, cz when you-when you talked to me about this study I started to think about it, because it is a very interesting question y'know. Body perception, I guess I felt (pause) pretty average. Yeah.

I: When would you say that you DID become aware of your body then?

P: probably at 14 or 15 when-when I noticed girls really. Before then I would-I would play a lot of football and stuff but I wasn't thinking of any, anything about my body it was just you know, I was never particularly muscular or particularly skinny I was just pretty average and didn't even think about it really. But I wouldn't be particularly worried whether my hair was cut short, or-or sort of longer. I just didn't have anything-when I got to about fourteen or fifteen though, erm, I suddenly thought. I looked around and thought, ooh, you know there are some interesting things out there, and umm, what does it take to get closer to those really, and so that-that-that impacted on-on-on how I looked-I did start to look at myself, caught myself in the mirror a bit more...

I: what did you look like at 14?

P: at 14 to 15 again I looked very average and then I started to look at other-other blokes at that point and see what they looked like as well, 'cz before that I didn't even notice that. Y'know, amongst all people and umm, and some of them were umm, aah, you know, bit were obviously more attractive to girls than others. So I was a kinda thing what is about them? I dno- I never worked out what it was (laughs) but erm, so I-I-I was pretty average really, I didn't have any y'know- I didn't have any umm, distinguishing features really, I just-I didn't have any disabilities or anything like that, or didn't have any sort of erm anything to really to draw attention to. I was just looking at that point to make myself more attractive really to-to girls.

I: what was more attractive?

P: very good question, what was more attractive, erm. I guess I never really worked that out, because erm, more attractive was-was-was actually, erm taller people seemed to be more attractive to girls then shorter people, and I was pretty average height again and bordering on the short (laughs) erm, so I-I did notice that taller people seemed to be-be umm, get more attention from those, I was very aware of that, I was a little bit shorter than other people, so maybe I...

I: how did that make you feel?

P: well, err I kinda felt, I felt erm, I was at a disadvantage in-in err, in that, and I felt that there's nothing I could do about my-my sort of height at that point. I didn't think eating more would make me particularly more taller. So I guess it made me shift from, body to personality to sort of think, I've got to be really interesting sort of person, and so erm, I was kind of okay with my body type, 'cz I -

there is only so much you can do you know. If you're-if you're fairly short then err, you aint going to make yourself taller overnight, so it was a shift from that, that. Umm so I guess I-I'd have to say that I would be aware when I was with other people that they might be seen as more attractive than me because of-of tallness umm, I mean that-at that age was a bit too young for things like, oh they are more muscular, or they're more, they're more sort of err, trim or-or whatever erm because that was sort of 14 or so 15, you know not many people were particularly muscular they just had slightly-certainly y'know people who were tubbier at that age were, umm people with carryin' a bit of weight they-they were- didn't seem to be particular attractive to girls either so. So size and weight was quite important at that age, and I-I again was quite average so I didn't have-I didn't have a weight problem because I played a lot of football, and I wasn't tall and I wasn't tiny so. I was kinda in the middle there really.

I: okay, so let's go a bit forward, so let's say you're 18 now. What does Terry look like at 18?

P: 18, umm, I'm beginning to at 18, at-at 18, I've got long hair down over my shoulders, erm I'm thinking of a photograph now at 18 of me stood outside a car, at down at St. Ives in Cornwall, and 1973 that would be, 1972-3, so '73-4 period, erm, and I am in a pair of fade jeans, aah with no top on, and I've got a sun tan. And I've got long hair, and we are just about to camp, near the beach. Umm, and so I'm-I'm kind of looking, probably looking in as good shape as I have ever done in my life (laughs)

I: what-what is good shape?

P: erm, just the kind of straight up and down, umm, by then, sort of erm, the football meant that the legs were looking strong and err, but I didn't have very-very big muscly arms, cz I didn't-didn't work out umm or anything but, but I looked okay, I felt good, okay, legs were particularly strong... I was aware that a lot of girls liked rugby players legs, don't they...

I: hmm

P: mines weren't quite as strong as that but they, they were ones that- I was proud of them!

(Laughs) I was proud of those legs, and er, umm, and at 18 I am looking pretty good, in my head and I'm feeling, I'm happy not to have a top on, I'm happy to have me shorts on, fraid jeans, I've got a very simple pair of trainers on, erm, I'm generally thinking, yeah I'm the bees knees. You know I'm feeling good.

I: so you have good thoughts about your body and that in turn makes you feel good about your body?

P: yeah, yeah so...

I: and then did you-did you, at that point you said you didn't really engage in anything to alter your body it was just...

P: no

I: maybe the football brought the subtle changes or... well, whatever changes it did do.

P: I think it did, 9:00.79 I think the sport did make the changes there but, there wasn't any deliberate attempt to get a particular body size at that point, it was just a natural body shape from, that type of sport you know.

I: was there ever any point where there was a deliberate attempt to do, anything...?

P: at that era or later?

I: at any point now.

P: erm, after my divorce, err one of my friends, brought me a gym membership (laughs) and erm, for-for about six months I went to a gym and-and certainly this was in the early 1990s

I: how old were you then?

P: I was about umm (pause) about 35, 30-35 something around there. I'm just 60 now, by about a month or so.

I: Wow you do not look 60.

P: (Laughs) thank you so much! And err, so I err, I, I'll be about er 55 to 91 what'll that be 55 to 60, 35, I'd be 35 then.

I: okay

P: And err, I just got divorced and err, and I made a deliberate attempt to make sure I was attractive, deliberate attempt.

I: why was-why was that?

P: well I think that was because after I had five children, and all with the same wife, and I think what happened there is-is over that period of marriage, which was err, some '76 till '92, so about 16 years, y'know

I: uh-huh

P: over that period of course, you have five kids, and you-you don't have to, you should be really still aware of your body, but when you having kids you're (blows air out of his mouth like a balloon)

I: kinda let go

P: you kinda let go a bit, and so of course when you then, when you then err, by the end of that period, you're actually beginning to put on some weight, you're beginning to feel a bit more slower, you're beginning to lose a bit of hair at that point as well and you're beginning to feel, you're just beginning to feel y'know, a bit-a bit-a bit off the pace. Okay, you know completely so, by about 1990, 1992 period, umm, you know when you, you suddenly look at yourself and you think I'm divorced, and er you think, actually, I wouldn't really fancy me either, if I saw me now, so, I'll do something about that. So there's a deliberate attempt, for a period to-to-to get around, as I say, actually not so

much driven by me but driven by a friend who said you need to go to the gym Terry now, you know and that I-I-I did that, and it made a bit of a difference and it did help with the self-esteem as well, at that-at that, pretty critical time. Yeah

I: okay. So, actually let's-let's take the little bit where you were married.

P: uh-mmm

I: so that is '76 like you said to-how-tell me about that little patch and what-and how you thought you looked, or did it ever occur to you, did you ever have any thoughts about the way you looked during that period.

P: well actually to be honest, because there was five children around a lot of time and attention was spent on them. I was aware though that over that period, erm I was getting, I was getting not what, y'know, you would want to be if you were, your best. I was aware that I was degenerating a bit into something quite, quite sort of flabby and sort of whatever, and err...

I: did it bother you?

P: it-it-it kind-there was a background thing 'oh you shouldn't be going like this' but there was so much going on in the foreground with the children and then the work, and everything, cz of course that's also the period when the work was building up and I was beginning to get a career and I was then beginning to move into consultancy and start moving off around the world. And whereas some people were y'know, wherever they were travelling going to the gym every night, I wasn't doing that I was tired by the end of the day's work, so during that period I was aware of a gradual change, in a way that I wouldn't wanted it to have happened, if I had attention on it sufficiently to-to think about it, but, all the other things just...

I: took precedence in your life

P: yeah, yeah. Yeah, but then as they say, at the end of that period, y'know when everything just moves away, y'know work was still there, the wife was still there, y'know the kids were still around of course but, but then I suddenly noticed if there is a future it's got to-it needs a different body type! (Laughs) So yeah um where before you do get complacent within a marriage, yes. And that is probably why a lot of marriages do have a lot of problems, but a lot of people do get complacent about how they look for each other yeah.

I: So now you're-now you're divorced, and you've joined the gym

P: uh-huh

I: what happens after that? Say, for the next three or four years. What does Terry look like now, does the gym bring about any changes?

P: it does, yeah, he loses a bit of weight, and erm, it makes me feel more err-and I get another girlfriend then and things go well, and again, I go back to being aware of my body, because clearly,

y'know, newness between people, y'know these sort of things are noticeable. And you are more concerned, to look good for somebody else. So yeah, I think once y'know you, in new relationships you're always more aware of wanting to please the other person, is it always the case that you want to please the other person-I know but, you know how it slides, and umm, so I was very aware for a few years then, erm that umm, that it was important to look good, really. And err-I didn't overdo it, y'know cz I-so I generally felt moved the right way. I certainly sort of didn't beat myself up as it were for...

I: so would you say overall, up until this point, like in the 15 minutes that we have spoke y'know that we've engaged in this interview, I get the impression that, you weren't really troubled by the way you looked, like you were...okay, throughout. And if it was, it was the bit here, a bit there, it wasn't to the extent that it would cause you any- would you say you were ever dissatisfied with the way that you looked?

P: I think that-I think generally no-generally no I think. For a very short period, when I split up from my wife, if I did, erm but that-that was a very short period of about only a month or two

I: tell me about that month or two.

P: It was a period of course to reflect, and you look back on all sorts of things, and one of the things you look back on is you say well actually, physically I-I don't look like I've got the energy any more than I had before, I don't look like y'know I care about myself as much as I-I should, and 'course if you don't care about yourself how can you care for other people sort of thing, and-and so it was all part of a general reflection at that time, and body type for that short period, you know I was a bit dissatisfied with the way I looked. Otherwise I would not have taken up the free offer of the gym membership that my friend had brought me. But I was a little bit dissatisfied there for that very short period.

I: okay, so, you know in your mind, did you always think when you were going to the gym, were you doing it because you wanted to be with someone, you didn't want to be alone?

P: exactly, exactly! I was driven by, I don't know if I- it was definitely driven by a need to be seen to be attractive to somebody else and I- as you said I did not want to be alone. So that was the driver, so it wasn't like, 'aww I hate myself', y'know, it was more, I just like the fact that I haven't got somebody, what do you need to do to get there, people are, y'know personality is great an all that, but you still particularly in the early stages of relationships...

I: it's the first piece of information that you...

P: yeah it's one of the first as you said; it's a good way of putting it Malik. It is one of the first piece of information that you get, it's what these people are, do I want to be in the same room as these? Do I want to be closer to them? Do I want to be in bed with them? Do I wana be, you know, all of the way

down the line there, and-and erm, so that was probably the bigger driver, not an inward sense of, 'oh for myself I-I really wana look good, because that's me', it was 'no, what does this get me!' (Laughs) and so it was a- it was kind of, it was almost mercenary really if you think about it like that way, umm.

I: Describe to me, what you look like, a day before you got the gym membership, and then, six months after, I'm guessing you went regularly...

P: Yeah, two or three times a week, yeah.

I: so, what-what does Terry look like before he goes to the gym and what does Terry look like after he's been to the gym a few times?

P: right, before he goes he looks fairly pale, err, his little eyes aren't bright anymore, erm, he's er, he's sort of definitely overweight, erm...

I: what is overweight?

P: overweight would be, I would probably feel as if, that would be a feeling rather than a-I wouldn't say, I've always had a trouble with these things when people say, body mass index needs to be this or whatever, I find that-I really don't understand it, y'know I should do. But I don't believe it, I just don't believe a lot of things that we are talking about there, so for me, overweight men, I felt: slow, I felt everything was hard work, umm I felt that you know em

I: functionality?

P: yeah functionality! Yeah, yeah the whole body wouldn't-didn't do what it always used to do, y'know in quite the same way. And there's a general depression of everything from, sex drive to sort of activity out there y'know, the whole lot was that's it, and you think to yourself actually some of those things which I am describing are the things which make life worthwhile, y'know. So, I need to do something about those, so sixth month's later having done that, feel toned up again, a lot more, not thinking of it actually so much of is body image, but it was-it was, but the image goes with it, but thinking of it more as, returned to vitality and feeling and looking as I catching myself in the mirror, and seeing that the eyes were bright again, and y'know that the movements were much more, so that's-that's part of body image isn't it, of course cz- so that was the difference, that was the change. Umm and afterwards, I was-I was sort of- the energy levels were back, y'know, part of that, y'know, was the psychology of coming through that period of, y'know, divorce to umm

I: mourning...

P: yeah yeah that's right, all the grief cycles and all these things, you go through.

I: of course

P: and-and a part of its psychological, well most of it would be the body image is psychological isn't it. But-but it was err, coming out of the other side, it was great.

I: okay

P: y'know I felt good about my body, I felt good about everything really.

I: how old were you would you say when you...

P: when I really felt good again? Probably about 38.

I: 38? Okay so now we are coming into your 40s, late 30s now, late 30s early 40s. So, you're 60 now, and that was 22 years ago

P: yeah

I: So, in this-in this span

P: hmm

I: Did Terry change? Does Terry's body change?

P: Terry's body puts on a little bit more weight.

I: okay

P: loses a bit more hair. Erm, err, y'know just gradually whatever and umm, err, so-so, he's-he's relatively comfortable with that, to be honest because, erm, and quite happy to refer to himself in-in only half jest, a small fat bald guy. Y'know, I have no problem with that. But the vitality is back, erm, I've got a partner that, we've been together for ten years, umm, and, umm, y'know, so, I do feel a need this time round, not to be, too fat, or too slow, or too-too burnt out, y'know so that-that comes over very quickly, y'know, in your body if you feel that. So I am probably about a stone, stone and half over weight, probably, according to the thing...I have no worries about that at all. I don't feel stressed by that. I wish I was less whatever, and I am aware of what I eat and what I do, umm, the baldness I don't care about, I feel quite fortunate that I've still got some pretty dark hair as well for 60. Whereas a lot of people for sixty they're completely-and I kind of feel from what I should be able to expect from my life, y'know physically there 60 umm, I'm doing orite, y'know.

I: you're doing very well.

P: I-I think I am doing alright for sixty, I've not attracted any major diseases yet touch wood. I have not attracted any disabilities, they are-they are going to come. Y'know, you can't, you can't avoid these things, there's-there's death, straight away or gradually, I mean, but in terms of-of-of body, erm, I'm kind of-I would like to be a bit slimmer, I would like to-like to erm, to have skin which-cz the skin as you get old-that's probably the big thing which changes, is your skin changes...

I: elasticity

P: yeah, that's right, all that. And I am aware of all of that, the skin change, and y'know, I kind of don't like that. Y'know, but, as I say, I think, what else-what else can I expect? Umm, do I believe I can change that? Well, I find it funny when people have face lifts for instance. I find that really funny and you shouldn't do, because I know they are doing it, make themselves, more self-esteem and all

that, but I think to do that is shows an incredible lack of self-esteem, because you are what you are, in the way that I see the world. So it is easier for me to accept a wider range of my own body shape and-and image y'know because I don't feel that need to look like something I'm not.

I: where does this confidence come from?

P: my mum-my parents built it into me (23: 24.94). You know they told me I was great and you know there was no one better than me in the world, she's what they had. And umm, you know, erm-erm, and I think that is important. My parents never-never sort of, never alluded to body shape-size, or anything.

I: they never gave you feedback?

P: not on that no, except my partner, she, had quite a difficult upbringing.

I: the first one?

P: no the current one

I: okay the current one

P: the current one, she had it difficult, because her parents, her mother in particular, at an early age, said, she had a sister, but said to my partner (which is very beautiful), said to my partner, your sister is the beautiful one, you're the one with personality, which is a terrible thing to say to your child. So all the way along, my partner has had, no recognition of how beautiful she is, y'know, erm, and she-you can't get that into her head now by now, by telling her, y'know...

I: because her mum embedded

P: because her mum embedded that, now I didn't have any of that. That confidence comes from my parents not even alluding to body size or shape or whatever, but telling me that as a person, I was important. So as I say, body didn't-wasn't part of it, but I do now as I say, through my partner, that some people are actually damaged, I suspect damaged 'cz, obviously she's not-Jilly's not, damaged, she is aware of it, more so than I am, but then she's a woman and I suspect, although I do not know that they are more aware of that than men. But umm, but y'know, I think maybe men, are more likely to accept a more wider range in themselves, than women are within themselves. I don't know, I'm making this up y'know I mean, umm, y'know this always happens when you talk to somebody, but-but for me, as I say erm, that confidence comes from my parents, it comes from as well, umm, it comes from a feeling of- your own feeling of the world I think as well.

P: what do you mean?

well most people would say for instance I am pretty half full than half empty as a glass of water okay. Umm, and I have always been pretty lucky in the way I described it and generally I've perceived these things as good even when they be, not so good y'know. And I have always been lucky with the things where body thing mattered, y'know, or-or didn't, I don't know, y'know, like, I

mean, all through that period, I never had a problem of, of finding girlfriends, but I'm certain I didn't I didn't do it through body. Y'know, but I don't know that because I mean, that I don't know, y'know, so my experience, has been that body hasn't mattered too much, y'know, in what's got me where I am. And I do know for some people, it does matter. For a lot of tall people, get into very senior positions

I: hmmm

P: Now I've got into a very senior position, and I am not tall. Y'know, umm, so there can't be one way of doing this. Y'know there's got to be a lot of ways of doing this. And I think you know, I feel well in the range of acceptability in things you know, in the world. So I've got err-my confidence comes from that I think, y'know, I am always very careful because I know there can be trouble around the next bush, y'know, excuse the phrase (laughs) but err, it umm, y'know that confidence is there. But it's not like, 'I'm perfect me', I'd like to lose a bit of weight, I'd like to do that, but I wouldn't-I wouldn't go hungry to lose a bit of weight, it's not worth-it's not worth it. You see, you say well would it be worth it, y'know to struggle and struggle to look different, my answer would always be: no. I-I y'know, but then maybe that comes from me being lucky anyway cz it is very kind of you to say for 60 I am looking...

I: no I actually believe that

P: yeah, and so maybe that is easier for me to not have an issue because I'm probably, y'know, I'm probably, y'know, luckier than most people at my age, so that's-that's that's- I remember my parents at my age, they were just sitting down, almost waiting to die at that point, whereas from my generation onwards where...

I: life expectancy has gone...

P: yeah

I: it has been stretched out hasn't it. One of my other candidates that I interviewed said that erm, when his father was forty, y'know that that was considered to be very old, in that time, you know, to be forty, in your, adulthood now, like late adulthood, well that starts at 40, so now it is probably like, I don't know, 65 onwards? Probably... (End of Jack Part 1)

(Start Jack part 2)

P: So yeah, that is where my confidence comes from, I do-I do notice things about my body that have changed which I don't mind to say, skin changing is something that I am aware of.

I: has this concerned you to the point that you have ever done anything about it?

P: no. I think this goes back to what I was saying before, is that-I'm a great believer that, that it's very difficult to change natural processes

I: okay

P: and I-I think- I could be completely wrong on this but umm, I think, the body is going to do what the body is going to do most of the time anyway, which doesn't mean that I wouldn't ever go to the doctors. But what it does mean is, I don't believe I can stop this skin aging. I could buy all sorts of creams and I really wouldn't-wouldn't believe they would make that difference.

I: okay

P: and so, I would never sort of use hair products for instance, I mean Jilly, my partner she's got a- products coming everywhere, and er, I don't use any products at all, not through any particular reason, is just that I can't see how it would make things better. Y'know, and erm, y'know, cz I don't think that I could stop the aging of all my skin. I-I don't believe that cz I've been a marketer by trade, I don't believe hardly anything I see from the product manufacturers, y'know, and erm, so...

I: the consumer culture just telling you, that you've got a problem and that what we've got will solve that problem.

P: yeah

I: and make their money. I don't know, maybe that's probably an ignorant...

P: well I don't know either, I mean, but you know, I would say that y'know, I guess it would be different, I mean I can imagine if things were quite pronounced, say I had an accident with a scar, from here, across my face here, I might be tempted to erm use-use some sort of product which would make that less noticeable. But having said that, there's an interesting example, when I was lecturing at-err, University of East Anglia, I used to do some consultancy as well, and one day I was down in London, and I came back home, and-and Jilly said to me, 'Terry, have you seen your eye?', and I said no, and I remember on the train I'd been a bit-I'd been a bit wet down my face, I thought what was that. So she took me to the mirror and my eye, dropped all the way down, like a stroke, y'know. And-and I looked at that and thought, that's really quite horrible, y'know, erm, well that's different and looks a bit odd, and so it was-it was quite-so she's rushed me off to a and e, where they had a look at err-accident and emergency people said 'right we know what that is, it's not a stroke, it's Bellspolsy'. Now this sometimes go back within a period of 6 to 8 weeks, sometimes it stays all three months or whatever, sometimes it stays. Now I was lecturing, and I didn't have a day off at all from work, even though I looked grotesque. I didn't- I didn't have the sense of I mustn't go in whatever, or what would people think, all I did was wore a pair of dark glasses, and warn the students, I thought I'd be teaching a hundred of them, and I said, I am not trying to be cool, I've got bellspolzy, urm, it is just a bit difficult for me to-to focus properly, y'know so I am putting these on so it doesn't look too bad. And I-I was kind of lucky-lucky ones, three months later

I: it was fine

P: it had gone back again

I: and for that time period, did you conceal that because you were concerned about what your students would think?

P: yeah, yeah I didn't want to make it difficult for for them to worry about that, I-I personally, when I was wondering around with friends, in fact I have a lot of photos of me because when I was with friends I didn't have them on, y'know but it was the students because you know, they're-they're paying, to come here and teaching them so, they deserve me to show a little bit of respect to them and not to frighten them, I mean, it was quite horrendous looking, when the whole of one side of your face goes down, your eye-and you can't close your eye, so you have to have a eye-patch on at all times, and-because otherwise it err- it's an awful thing to have and-sometimes it doesn't go back. So for me, I was aware of it, umm, but it didn't stop me...

I: how does it happen? Just overworking and?

P: well I don't know, I-I-I y'know, talking to them there weren't quite sure how it happens, they say sometimes it's- there's some people that think it's a virus

I: okay

P: and erm, y'know, but, they weren't-they weren't sure. But the good news was it was Bellspolsy rather than the stroke. Cz they have similar-similar things, but, so I mean, that's-that's the only time that I felt some degree of-of erm, physical, y'know awareness of other people may see it as er, not attractive and something they don't want to be near, y'know, umm, but for me, and the people who knew me, it didn't really matter a great deal to me, but y'know just respect of other people of who didn't know me and whatever and weren't within that inner circle, I would do that, but that's probably the only time in my life when I've been aware that something physical about me erm, needed to be managed, really managed, rather than losing a bit of weight and going to the gym.

I: So wearing the sunglasses was a way of doing that...

P: yeah for me yeah, because then-then, cz the sunglasses 06:05.82 would come down, half way down your eye so they would, cz it's a staring eye all the time even at night y'know, so it doesn't close at night, erm, so you have to have it covered...

I: so how do you sleep?

P: well you err-you have err eye patch on it, to protect it.

I: can you sleep with one eye closed,

P: well no you've got black on there. And so your one is eye is closed and then the other one is blacked out.

I: sorry I was just...

(Both laugh)

P: you're trying to work it out!

I: I'm just interested

P: yes it is an interesting one to look at but that was really quite the only time, erm,

I: and is that something which only came with age, or is that common in all ages?

P: I understand that it can happen at many ages, I understand that and erm, apparently it's quite common erm, but I must admit, I haven't met many people with it before or heard about it, but never seen-but I guess most people go and hide then you see. You would do in it, cz it does look really awful. So I guess most people-their body image would say to them, 'I'm just embarrassed to go out looking like this', but again part of my confidence is I would have respect for the people that might see me, but it wouldn't stop me personally.

I: can I ask you erm, about that friend that got you the gym membership?

P: yeah

I: was it a man? Was it a woman?

P: it was a man

I: and was he-is he your age?

P: he was my age, roughly my age

I: and what is he like, as in like...

P: oh he's-he's quite a muscular guy, taller, big and tall and-and er, he'd been to the gym for a quite a few periods of his life yeah, yeah so he was err, he was y'know erm, he was saying Terry, y'know this has worked for me to make me feel good about myself after that sort of period, cz I said, at the end of that period, the worry was, you-you-you lose faith in yourself for a little while and say for a couple of months there I was a bit, y'know you think, am I still-am I still in the game or am I still attractive to women or, am I still going to, umm, get all the goodies that come with that? Am I going to be the little black sheep now because y'know, I'm getting tired looking, ugly looking, sort of, y'know, just generally (blows air out of his mouth), y'know, sort of err- down there. And so he was- he was- he was a good example to look at cz- and I would never- had any ambition to look just like him, but I just wanted to look better than I looked at the time (laughs)

I: yes of course

P: do you think, that boys, felt less social pressures to look a certain way, when you were a boy than to what they face now? 08:43.77

I: oh very much so, I mean as I say, I had none of those, angst periods when I was really young until I got to about 18 when I sort of-I think-I think when I-When I look around at umm, I mean my children, the 5, I've got 5, the oldest two are boys, and then there's three girls, umm to be honest they're-they're not umm wildly body conscious either, err, erm, no they're not they don't, they don't use any products or anything. They're actually quite difficult to buy for at Christmas. But I think in

general it is a lot harder, umm, I think somehow and I don't know how it has happened, but somehow people have been seen more as-as good or bad based around on what their body type is. I think there is an expectation that you should look a particular way, otherwise, you're not good, whatever that is, Y'know, you're-you're erm-and I think a lot of that pressure comes from all sorts of places. I think the pressure obviously comes from advertising, but I also think that the pressure comes from the medical profession. And I think that, they are, they are actually damaging people's erm, self-awareness, as much as building it up. Umm, because if you go in and you are slightly overweight now- cz I am-I am according to the thing, we went for a test erm, I am clinically obese by the way. Yeah, clinically obese, not just a little bit obese, but I am clinically obese at 15 stone. Umm, and y'know, that's-that's fine and you know so err, umm, but that doesn't really worry me at all, that people are making up things, in my head I can't see that's right, so the interesting point is it's not just the marketing changing people's view of their body image, it's the medical profession as well, y'know, where, and-and erm, and I don't want to get too heavy about this, but when you start- I used to teach risk, and umm when the medical profession talk about risk factors, in my view, they're actually, are almost umm, misrepresenting the situation. Erm they certainly aren't in terms of disease, quite often when it comes to things like false positives, but when it comes to things like body mass index and that, I think a lot, I don't know what's going on there, but err, y'know I think that they, they're expecting, it's almost like a move to medicating the population

I: hmm

P: you know. erm, its almost like a brave new world, Alder Sucksley approach from the 30s in that great book, if you haven't read it, you've got to read brave new world, Alder Sucksley, erm, and erm, so I think y'know, I think there is a lot more pressure, on people now to look a particular way. The range of acceptability seems to be dramatically, y'know

I: narrowed?

P: narrowing, yeah. And I think that's the issue, and somehow we haven't built the confidence, in-in- in people anymore to feel that they are part of an acceptable range, y'know. It seems like the confidence in individuals now only comes from looking like, a particular stereotype. even if that person was airbrushed to look like that y'know on paper, people still aspire to the airbrushed version rather than the real version, and there is no, probably, anybody, who is the airbrushed version. So I think, it is-it is very-very difficult for them and err, erm, and err, my kids seem to be okay with their body, y'know, erm, their body sort of image, seemed to be, but, who knows what traumas they are going through which they don't tell me? Y'know

I: So as a child, erm, what you not the type of child who used to buy magazines or-or-or, what kind of TV did you watch?

P: I used to watch comedy on TV and I used to watch sport

I: who's your favourite sportsman?

P: well at that period? When I was younger? Well there were people like George Best, and Bobby Charlton, cz this is the late 60s and early 70s

I: so you are a Manchester united fan

P: I wasn't really a Manchester United fan, but they were great players y'know and they, they were great players and erm, of that era and...

I: Bobby Charlton was, sorry no, what's his name, Georgie Best was quite slim wasn't he?

P: he was very slim yeah, yeah, very slim. Umm, but again, I think, you see its interesting because Georgie Best I suspect, for me I appreciated the skill, but I know the girls appreciated the look, y'know and he was obviously on a lot of girls walls, he wasn't on my wall but sort of people I had on my wall were more like, Rockstars, or whatever, cz I grew up in that late 60s early 70s period which, had so much going on in the UK in terms of the British Blues Boom and these great musicians, that-that was, that was I was looking for. So I was aware of that body image, the old hippie look because that is why, as I was saying earlier with my...

I: Embraced

P: yeah, and that is what I went for, umm, but that was err, but that was a big cultural thing really rather than just 'my body, my body!' y'know. Umm. I do find it funny now cz I cannot watch certain programs now. I cannot watch for instance, the only way is Essex.

I: yeah I can't watch that.

P: yet-yet Jilly my partner, loves it. And I cannot watch it, I just, I don't know what it is. There's something totally in my view

I: very fake

P: fake! Yeah, and-and err, and maybe I have always looked for some authenticity or whatever, but maybe they are authentic in a fake way (laughs) I don't know. So yeah that is what I used to watch when I was umm, when I was there. And like you say, Georgie Best was very slim, very slim, not very tall, but very slim, you know, nice hair, erm, but err, if I was copying somebody's hair, it would be more of a musicians hair than a Georgie Best hair if you see what I mean. Erm...

I: So did you copy any musician...did that long hair come from...?

P: yeah

I: ... imitating someone?

P: As I say it was more of a broad cultural thing, but, many of the people that I respected, looked like that and had that sort of length of hair, so I felt natural doing that. I mean, it did kind of bond you in with another set of people, who, who were the same.

I: okay

P: so that was quite important for me.

I: two questions. Erm, do you think pressures with how you look intensify with age, or would you say they disappear? Or in your case, I think they were-they weren't there-they were there-they weren't there

P: exactly I would say that-that, there's more of a complicated cycle goes on and related to other life events rather than just age, because I would say in the early stage I've no body awareness really until, about 14-15. Then for about five years, hyperawareness because body image is a part of what you trying to get. Then actually umm, once things settled into family life less goes down again, then when that collapses, it goes up again for a short period and now, you know as you get older, you kind of, at this point, 50 to 60. I think you do get a little more comfortable within yourself, so for me I think it has been a little bit of err, erm, a sort of rollercoaster chart, if you see what I mean, rather than a linear one with it getting worse or better, or more interesting

I: Depends on your circumstances

P: I think it's life events that make the big difference there.

I: How do you keep well now though, as in like, do you, do you not do anything, is it a bit like 'I woke up like this' kind of an attitude (laughs), do you do anything?

P: umm, I'm pretty much, I-I woke up like this, kind of attitude. But I am aware that as im getting odler if I- it is quite easy to umm lose tone y'know and it is very hard to keep doing things so, I am aware that you know I will for instance do the walk you've just done, because my flats just down the station, so every day I'll walk up and down, well not every day, most days, some days I'll take the car. But I will, I will do that, but erm, I-I-I wouldn't erm- I-I am aware of what I eat as well, I'm aware of it, umm, but as I say, I wouldn't go hungry for a diet, umm, you see I-I, and this may sound a bit contradictory really but, my view is, I wasn't born to suffer. Right. Well you can say, keep eating lots of stuff and you will suffer with heart attacks and things, and that's a fair point to make, anybody to make. But I am not going to suffer, by feeling hungry half of the week for a diet for instance, I'm just not going to do it. Cz yeah you are going to die at some point, and until somebody tells me by doing this, don't tell me risk factors, say if you do this, this will happen, okay umm, then I might listen, but that's not what I hear-that's not what I hear. So why am I going to make myself hungry all weak just to look a particular shape or not? I'm not going to do that. Erm, I, y'know, it may be- and there are some problems with that, if you get for instance, if I get very big and I need an operation, the surgeon wont operate, cz they cannot operate on very fat people. Because it is just dangerous. So, you've got all these things to play around in your mind. I wouldn't naturally, sort of, go erm, looking for trouble (laughs). I wouldn't-won't beat myself up over anything to do with my body. Erm, I would

be aware of it. But y'know erm, whereas my partner, she's got a set of weight that she wants to get to and she's always be wanting to get to there, and she will always be hungry for half-for a day, I'll come home sometimes you know from here, and there won't be much to eat in the house because she doesn't want to tempt herself with it. And I've been here all week and I have had everything around me (laughs), what do you want, cakes whatever yeah! But aware of what I'm eating you know, umm but I wouldn't do anything, I wouldn't go to the gym anymore, umm, cz its boring, and whatever

I: How content would you say you are with your body at present?

P: If I was going to go on a 1 to 10 scale of content-ness, I would say I was about, 7-7 and a bit, 7 to 8.

I: why not 10?

P: why not 10? Because, I could, you know, I could err, umm, err, I could have stopped the aging, but I don't believe I can, also I am a little bit overweight, y'know, umm, and err, just generally feel the general aging process, so I am content with it, in the sense of umm, nothing else that you can do about it really other than what you are, other than, as we said things like diets, skin creams and all these sorts of things, so, erm, in action terms, I am 10. Y'know, but in terms of y'know, reflecting on, what you are, maybe 7. But I wouldn't do anything to make that 3 percent, I don't believe there is anything I can do to make that 3-that 7 to 10, by adding another three. I believe- I believe that bit is inevitable. I may be wrong on that, a lot of people don't do they? A lot of people say if I have a facelift now or whatever, I'll be fundamentally looking different and I'll be great, umm and that's just a different attitude to mines.

I: if you had, lastly, umm, if you had your younger self, sitting right there, what would you say to your younger self?

P: erm, how young are we talking, are you talking 5-7?

I: we are talking about the guy who as in Cornwall, with his shirt off, with his hair...

P: Oh the good guy, that guy you know, the guy at its best yeah. Err I would say erm, what would I say, I'd say err (long pause). What would I say to myself or what advice I would give them?

I: what advice would you give them?

P: The advice that I would give that guy, aah, the advice would be erm, just enjoy yourself really and do things that, make you happy because I got a kind of instinctive feeling again right or wrong, that- that your general happiness would influence your body, sort of image and your physical body as well, you know, in terms of, I'm a great believer that the way you think influences what you look like as well.

I: the fact that you're giving that advice, do you think that, that Terry wasn't happy, at any point? Or wasn't enjoying himself?

P: Umm, that's a very good point, I think, interesting question to think about there 22:28.32 I think he was probably, pretty happy with himself, but he was aware, that, the way his body looked, would influence, what he was trying to do at that period, you know, more so than maybe now

I: and was that- is that incorrect?

(Long pause)

I: I've confused you there now haven't I?

P: No, no that's a-that's a, again you ask good questions Malik, its err- and erm, no I think he was right to think that, you know, I think because it did make a difference, if he had actually not played all that football, and done all that, and-and, he probably wouldn't of err achieved the sort of things he wanted to do. I think overall it does matter, you know, but it's down to the amount of personal reflection on it-and that sort of hindsight is a brilliant thing to have isn't it.

I: I think it was really interesting when you said, umm, that you said you wouldn't get senior positions if you weren't a certain-if you didn't look a certain way. I wouldn't have thought that would be relevant to men, I don't know that's my ignorance. I thought it was probably women have to look a certain way to-to

P: Oh I'm sure they do to, yeah, but I would say yeah if you look at erm, if you look at most of the err chief executives, feel like that would be an interesting study to do, go on to google images and put in chief executives, and see all the pictures of the people, and I suspect, you are not going to get, erm, at that real top level, err, a very wide range of body types, now you might but I suspect, that-err, umm, there's a certain type of body type, that, well I am aware of one company, that err, that won't employ fat people. Now this is illegal 24:41:59

APPENDIX A.7.7. DAVID'S INTERVIEW

TRANSCRIPT

David's Interview transcript

I: I am going to read out a brief...verbatim, which is a standard brief I read out to anyone that I am interviewing, erm, so thank you for taking part in this study, erm you are part of this because you match the selection criteria, are male and, from a specific age group. Erm, the purpose of this interview is to gain insights into the way you as a man, have perceived, felt and behaved erm, in regard to your body at various points in your life. Erm, I would like to let you know that the interview will be recorded, erm transcribed, analysed and possibly incorporated anonymously within the final report, so you'll be given err a fake name. Erm, you have a right to withdraw from the study, at any point of the interview and you are not obliged to answer any question which you find uncomfortable. Ok, so are there any questions that you'd like to ask me before we start the interview?

P: No, not that I can think of, so long as you can just guide me through...

I: yeah

P: basically what you want...

I: okay

P: okay so if you are happy shall we start the interview?

I: yes

P: okay

I: so, tell me a little bit more about yourself.

P: well, erm, I'm now 67 years old.

I: okay

P: I'm retired. Erm, I worked in grocery trade. That's what I started in, multi-trade, and biggest part of my life my (clarify what this is) business, grammar (what does he mean by this), and then err, makes for the last 25 years.

I: wow

P: erm, wouldn't say the next was the happiest part of me life but erm, it paid well.

I: right

P: so erm, you had to erm, overall, work for money. Erm I look at meself now and sort of think, I'm a fat old man. I didn't always used to be this way. Over last number of years, I've put weight on.

I: right

P: I don't know why-maybe too much-maybe too much to drink...

I: ye

P: erm, I don't know, I've also err, done shift work. I worked a lot of shifts, different shifts. Shift work can cause you to put weight on. Erm, it sort of... you know erm, I am trying to lose weight, I have stopped drinking at the moment...

I: okay

P: I stopped smoking, I put weight on more after, actually I stopped smoking. I stopped smoking when I was 60, or just before when I was 60.

I: right, so you think that's contributed to weight gain...the fact that you've stopped smoking?

P: possibly yes, because err- eat more sweets (laughs) you know you've got to find something to take, to stop that habit of...

I: you need to find a substitute don't you...?

P: to getting out and lighting a cigarette. You find something, my thing were mints.

I: Right

P: and I still eat mints now.

I: you still eat mints. Take me back to, we are going to take a journey right back to when you were 8.

P: 8

I: okay

P: yep

I: erm, what does, actually, what-what fictitious name are we coming up with, who-who-who are you going to be?

P: I'll call meself David.

I: David yeah. Okay, so erm, you are David. Erm, right so how-how does David look like when he is 8 years old?

P: Erm, not a bit like me. That's what I can say. Erm, smart, mother always dressed me start school-smart clothes, I always had to wear a tie when I went to school-

I: what did your body look like?

P: my body erm, I were quite tall

i: Okay

P: erm, I used to, what I used to do, I used to grow, stop, fill out, then shoot up again, stop and then fill out again. And I sort of did that, up to erm, basically, well most of my life actually... you know up to err, I grew up to-15 and a half, err, me mother was quite disappointed because when err I was leaving school, when I was leaving school, I was only five foot 8.

I: right

P: My grandad Simpson was 6 foot 2.

I: wow

P: erm, my Grandad franklin were only 5 foot 8

I: right

P: me dad were less than that... erm, but I had grown to the same size-about the same size as me grandad Franklin and err,

I: so were you not-were you not happy about your height at that age?

P: I weren't too bad with it-I weren't too bad with it...

I: but your mum...

p: But my mum were a bit disappointment 05:15.76

I: why-why was she disappointed?

P: cz she was hoping I would grow as big as my Granddad, my-her dad.

I: ok so she-she...

P: but then-but then within 6 months I sort of shot up again, another six inch and...

I: how old were you at this point?

P: 15

I: you were 15

P: 15

I: so up till the age of 15 you weren't at the height that your mum wanted you to be

P: no

I: did she ever say anything to you as a result of seeing this-like how did you-how did you know she was disappointed?

P: ... I was always the tallest up to senior school, and then when-up to senior school, when I got into senior school...

I: you became the shortest

P: I became-not the shortest, but one of the smaller ones.

I: smaller ones, yeah so how-how-how did you pick up on your mums disappointment, did she ever say anything to you?

P: she said that she don't want me same size as me Granddad Simpson.

I: okay

P: and err, I still ended up about an inch and a half shorter than (laughs) but err-

I: he was a very tall man.

P: yeah he were a very tall man ye. And me grandma were five foot-five foot ten, nearly five foot eleven.

I: wow, so it was a tall family.

P: they were tall. But me mum was only five foot seven-five foot six.

I: right

P: she was slightly smaller than Erica (referring to his wife).

I: She probably got a lot of erm comments and feedback as well probably

P: ye

I: and that's probably why she wanted you to be a certain height as well

P: yeah

I: so it was important to be tall?

P: yeah

I: would you say between that age-ok let's use that as an age thing then, between 8 and 15, like apart from the height, what else did your body look like?

P: erm, I would say it is hard to say, but fair haired, erm...I can't really say, more or less like normal school boys...

I: what was your body weight like?

P: body weight erm, my body weight was sort of always average...

I: ok

P: average weight as I were growing up...

I: so you weren't too skinny, you weren't overweight, you were probably in between...

P: I were yeah-yeah.

I: when would you say you started having awareness for your body? When did you really become aware of your body?

P: erm, probably about 12-13. When you start, noticing girls, and, you know, you're wanting to look your best, and, you know, you start doing your hair you know, your mother sends you to the barbers for your haircut and old barbers they cut your hair short back and sides, which is modern...well it isn't, it's going out of date again.

I: fashion keeps coming back doesn't it, styles keep coming back.

P: yeah.

I: like we've got oversized-well these aren't, but I've got oversized glasses now and I believe that-did we have those in the seventies or the eighties...?

P: yeah

I: up to here, even the 90s! Sometimes we used to have big glasses as well, so that fashion...

P: Elton John style...

I: yeah, exactly. Erm, so ok then. 12 is the-12 is the age where you begin to become more aware of your body. So let's talk about, when you become aware of your body-what do you notice...about your body?

P: erm, that I were erm, I was reasonable, I was you know, I felt I was reasonably good looking, I was slim...

I: so what kind of perceptions did you have of your body then at that point?

P: I was reasonably confident of meself, you know err, I didn't really take me body as such. Men didn't really look at their bodies as such...

I: okay

P: you know

I: so you had-you perceived your body to be reasonably good, attractive...

P: yeah

I: so as a result, what were your feelings like?

P: I was reasonably confident...I was. I was always reasonably confident with meself so...

I: and what do you think contributes to that confidence? Like, how did that confidence, do you think you were...?

P: you know, I always had a-arrogance-when I was sort of 11-12, I went to boxing. I trained.

I: alright, 11-12.

P: yeah, I give up when I were 13, I discovered girls when I were 13 (laughs), so I stopped going boxing and you start, seeing girls, start going to err, school dances school err-

I: alright okay

P: things like that you know, and err-

I: why did you get into boxing?

P: erm, I always liked watching it, me dad liked boxing...

I: so it wasn't with any-any...

P: a friend of mine had joined down the YMCA, down there, Little Horton Lane. Don't think it is YMCA now...

I: it still is....

P: and we went down there erm, do also youth club... do a bit of-had a game of pool-well snooker, err snooker, table tennis.

I: right, okay. So you're 12 years old, David is 12 years old, and erm, he's reasonably confident with the way he looks and you know as a result of that, you know he feels it's good, he perceived it to be good, did you-when, was there any point where you didn't feel good?

P: not really, no. I've always...

I: felt happy with the way you looked...

P: yeah

I: let's move forward to, okay your 12 now, so- tell me at which point did you begin to-your body begin to change? Like, we are still-talking quite earlier in your life. Was there a point when you began to look a little different?

P: you know, obviously when you get to be err, 12-13, you start changing, into a man. Your voice cracks. Erm, I've never been able to sing, I've always been err, total, you know I used to get told to err, shut up, school, mime.

I: aww

P: you know, so...I weren't bothered cz err, during music, most of the lads, that I were friends with...

I: let's talk about your friends? 12:02.51 Erm what kind of-who were like- let's talk about the-the-the main friends that you had, the ones that you considered your buddies

P: erm, well, there was another boy that I went boxing with

I: okay

P: Flynn, called him Flynn, erm, and we used to box, we were both at B class together, at school, but then I... cz I...B class all the way through junior school

I: right

P: erm, when down to Great Horton School, which was a secondary school then.

I: right

P: when down to there and first Christmas I was third from the top

I: wow

P: in class, in B class. And me dad says 'right, if you don't go up next time, you're grounded'.

I: right

P: so...

I: you worked harder

P: I went to A class then

I: wow

P: I went to form 2a, me average was higher than the average of the A class. And err, the time I left-me target was actually to get to third to top of A, I didn't make it, I got to 6 to top of A-class.

I: right

P: and erm, I had a little bit of hassle, we used to have a school leaving certificate, in those days it was probably equivalent to, GCSE now

I: okay

P: erm, and there wasn't, they only put one or two in, they told me it wasn't worth to put me in...I told me mother, me mother were working on school meals... she said I don't think he'll pass it but we are still putting him in for it...I passed it.

I: wow

P: so erm, I didn't, when I left (name blinded of school)

I: (name of school)?

P: (name of school). It used to be, I think it is called something else now.

I: oh okay

P: (name blinded of school) used to be err, not quite a grammar school, but above err, secondary school

I: okay

P: because the headmaster at (name of school) said he could get me into (name of an alternative school), but I didn't want to go there because me cousins had gone there so I didn't want to follow them.

I: do you think that, I'm just taking you a bit away from that for a moment, erm, do you think that, when you went to school and you had you know, amongst those friends, erm, were your friends, would you say they had a similar attitude to you when it came to body, or did they not bother about it either, was it a general cultural thing at the time to not really care about?

P: it didn't really-it didn't really bother- you know, you sort of, he'd sort of do, weightlifting...proud of being strong, I was always strong, me other friend, he died when he were fourteen, I was nearly fifteen

I: wow

P: and he'd got meningitis

I: hmm

P: and he was, at that time, he would have been classed as overweight nowadays, he was five foot ten, at fourteen, and weighed ten and a half stone. He was a big lad, but he wasn't strong, he wasn't powerful. He could have lifted a bit of air, same as I could lift a bit of air, but I was only five foot four...

I: so when you are talking about weight lifting, who used to weightlift?

P: we used to weight lift at school

I: you used to weight lift at school? How old were you when you used to weightlift?

P: erm, twelve, thirteen-fourteen

I: wow that's a young age to weightlift

P: no, they weren't big-big weights

I: smaller dumbbells

P: yeah. And you know, we used to play to with erm, hmm, medicine balls

I: right

P: Which were quite heavy

I: but why did you do that stuff?

P: err, it-competing.

I: competing for what?

P: it was just P.E.

I: Oh P.E.

P: P.T-Physical training or physical education

I: okay, so did you enjoy doing that

P: I used to enjoy doing a lot of that, erm, I'd never do silly things like erm...

I: those kind of light, kind of sports.

P: yeah, but sort of like,

I: running in the sand kind of stuff

P: yeah, yeah. Long jumping sports, I didn't mind doing long jumping. I wouldn't do high jumps.

I: oh yeah that's a bit difficult isn't it sometimes. So do you think that...

P: I-I was never a runner, although we used to go on cross country runs, but, when we did cross country runs, we used to pass my friends house, we used to pass his house...we are going out, we are cooling down and having a glass of milk, and then actually getting back to the front, get back to the front towards the front, but then of course I lived down here and the school were down the road weren't it, so my mother would serve us with milk and biscuits...

I: alright, so let's go a bit forward now

P: sorry before you...

I: sorry go on

P: I also, did a lot of swimming

I: oh okay when was this?

P: err when I was at school

I: okay

P: erm, still try to go occasionally now. Erm, I passed all my certificates, erm, life surfing, I was also an instructor with life surfing

I: wow, when was this?

P: when I was 15.

I: okay:

P: but then when I started work...after I started work, you worked 48 hours a week, standard

I: wow

P: err, a lot of places were, in mills and factories were 40 hours a week, offices, but I worked in retail trade. And it was 48 hours, it dropped to 45

I: that's a lot of hours

P: it dropped to 45 within 6 months of me being there. But when I started it were 48 hours.

I: so let's-let's look at this, up until, what we have spoken about is-so, around the age of 12 you used to engage in boxing, you know, you used to lift weights at school, during P.E. the little weights, and medicine balls as you said, all of that, you engaged in swimming, you know, so you were quite I would say active, erm, during your adolescence.

P: yeah

I: erm...

P: and horse riding

I: oh you had a horse?

P: my friend had one

I: and when was this

P: when I was 14

I: when you were 14. So, from my-from the impression that I get you were very active and you know that probably unintentionally erm, would have made some subtle changes to the way you look, I don't know, maybe it did, maybe it didn't. But, during this age erm, other than, when you were like, obviously...one of the main reasons why you probably did-was probably because of girls, like if we-if we think of it in that sense but anything else that you did-it didn't, it didn't really bother you right

P: yeah

I: so you weren't really bothered and at the time it wasn't really seen as...

P: no, you just, you know, you were just young, you were boys, then you turned into err, young man

I: do you think that the pressures associated to-do you think the pressures that boys face now were probably different to what you as boys-do you think boys face more pressures now to look a certain way?

P: they do in one respect and they don't in another respect. You see, I started work, 15 year old. Now, well...

I: with respect to the body I mean, pressures related to the way you LOOK

P: as I say, it comes down then to the point, you start work.

I: right,

P: emm, physically you're changing because mentally you are changing, because you are learning-I started at what, by the time I was 16, well, by the time I was 15 and a half I were first hand. The time I were 16 and a half, I was managing, relief managing at stores. So you were going out to different

stores to relief manage. Erm, now a lot of people nowadays-nowadays they're still classified as children, they're 16 and a half, they're seventeen. They even class themselves as children

I: right...

P: that's when I was-this moves me on-moves me on to later on when I was in me thirties after I had left, or got made redundant, for Thompson engineering, which was the motor trade, and I got, I was still sort of, associated with multi-trade, I went to work for motor world.

I: right

P: only for 18 month...

I: uh-huh

P: ...erm, now there were a lot of young lads there, and they actually considered themselves children

I: right

P: they didn't consider themselves as young men. And yet, they still had girlfriends, err, but their mothers were taking them to the dentist

I: right

P: so, there wasn't, you know, growing up

I: okay

P: you know, by the time-by the time I was 18 I considered myself a man.

I: okay

P: and most-most of my age group feel the same way.

I: let's depart from your teens now, and let's enter your young-you know obviously times have changed like you said and what someone is with respect to age groups, that's changed as well hasn't it, so like you said that, now those children are considered children whereas for in those times, if you were 17 or 18 you had almost entered manhood, sorry not manhood, adulthood. Erm, okay, let's-let's-let's enter your young adulthood now. So you're in your 20s, what does David's body look like, in his 20s?

P: in his 20s erm, six foot, slim, erm...

I: okay

P: you know, met Erica at 18. We got engaged when we were 20, erm, needed money to get married, I had friends who were working at the grand, we were earning thirty pounds a week, and I were earning 15 pounds a week, because of role manager, so erm, I left, went to Grattan, erm, they've just knocked it down now, down Ingleby Road?

I: oh right okay

P: that is where Gran was at the time, erm, when there was an assemble, which is a picker, picking items of clothing. You were on bonus, right, now been on bonus, running around I was making, by the time I were mid-20s, my weight had dropped just short of ten stones, which I was too skinny...

I: was that because you were working too much?

P: at 22 we were married. We brought our own house, we had to buy our own house we didn't have a, we know chance of a rented house-if you had children you could get an operation house, there were no private renting out near where I lived. Erm, and so, I was running, running around the ... to earn as much bonus as I could, working if there were any overtime going, I used to work overtime, you know, at times, I was working seven days a week.

I: so you were fairly skinny you would say, at that point

P: I was underweight-I was underweight

I: and how did that make you feel?

P: erm, it didn't make me feel any different, I were okay. I felt okay with it, but I was, I was underweight. If you had a cold, you knew you had a cold... when you are a correct weight, you fight things off.

I: so you have awareness, you have an awareness of your weight. Okay, so it didn't-even though you were of a certain weight-even at that point it didn't really make much of a difference, you know, you were concerned about it; would you say you were concerned about it?

P: I weren't concerned about it, no.

I: okay, so you didn't engage in any strategies to then alter that?

P: no

I: you were fine with it, you were saying, okay, this is the way it is-it is the way it is.

P: yeah

I: okay, so now let's take a leap, erm, let's take a leap to your 30s. What does David look like, in his 30s?

P: erm, 30s. I was working in motor trade then, it was after me-after me mother had died.

I: okay

P: she died when I were 28. And, I working in-I was, I spent a lot of time sitting down, behind the-in the car. I was driving roughly 200 miles a day, in half days...

I: oh my god that's like driving from here to London isn't it.

P: yeah in half days. Had to-Used to have, I was on commission, had a wage, basic wage. I had a van provided, erm, for private use, erm, and actually I enjoyed that job, I'll tell you something, the job I enjoyed the most, because I used to, go out, see customers, erm do estimates on vehicles, then err, after I'd wrote the estimates down-passed by my insurance company, and they wanted the parts...then sort the parts out, assembled them

I: okay

P: take them out 28:09.17

(Stopped recording)

P: We've now got to the 1980s recession

I: right

P: 'the Margaret Thatcher' in power and erm, things were quite tough and you were, and id moved on to the-well basically the-erm, far side of Bradford, erm, Keighley, Skipton, Settle, Clitheroe, Colne

I: beautiful places

P: all over there. Not always in the middle of winter! When it's snowing you have a bit of a panic. You know it's come on the radio, all the roads are closed between Yorkshire and Lancashire, how do I get back home! I always found a way back home (laughs)

I: yeah of course. So, you're at thirty, what do you look like again, sorry.

P: I've put on a little bit of weight on, but erm, I weigh about probably about 13 stone erm

I: right, okay, so you weigh about 13 stones at that age and erm, you know one of the things which we haven't really spoken about is-is up until this point, what kind of media are you exposed to, what kind of TV do you watch? Erm...

P: not a lot actually

I: you didn't watch TV a lot

P: I didn't watch a lot of television. We were looking after me dad at the time

I: okay when was this

P: mother died when I was 28 and I looked after her for seventeen years.

I: what about when you were a bit younger though? Like what-like for example, let's say from your school days again too, what kind of TV would you watch then, or did you watch TV or...?

P: erm, not a lot of TV no, you didn't really-you know, I went up to erm, basically you went out with your mates. You went out, you know, you went out with your mates, you-you know you played cricket, we played cricket in the middle of winter now, but we still play cricket. We didn't like football

I: so no match of the day?

P: I've never been a footballer; I've been to one-well I've been to half a football match and that were at Bradford Park Avenue...

I: okay erm, let's-let's go into, let's go back to your 30s and now you've said that you've put on a bit more weight, at this point in time, would you say-how-how do you feel about putting on a bit more weight? Does it make any difference?

P: it doesn't make any difference, I didn't put that much weight on...My first dog I must say, I had a German shepherd.

I: right

P: that I got from one of the garages I used to go to, and they told me I could literally take one if I wanted for free. So, I picked Suzy out, brought her home at seven week old

I: was Suzy the dog that I used to see as well?

P: No, no that was Sable, I think...

I: ok, that was 1999.

P: yeah, that's sable. That was sable,

I: okay that was afterwards

P: yeah, Suzy was the first Shepherd that I had, and I used to be able to run over the field with her. She'd be really good, she'd walk to the side of me...if you released her and let her go she wasn't a confident dog and she wouldn't-she wouldn't come back to you, because you let her off. So we very rarely let her off the lead unless we made her stay at the side of us.

I: right okay

P: ...she'd jump with me. Now the dog that you can remember, Sable, she'd run down over the field, but then I could still run...I got into my forties then. I could run over the field with her but not as fast as what I used to do.

I: do you think that the fact that you've always been active is probably why you weren't bothered about the way you look because if you were that active, that would inevitably mean that, it would make changes to the way you look. And it probably kept you in such a way where you probably fit the norm anyway.

P: yeah-yeah

I: do you think that if you weren't active, this is just-this is just a thought because, it's not a reality, so you can only imagine, so imagine that you didn't play those sports, imagine that you didn't have that dog that you could run around with, and imagine that you had a bit more weight, do you think, you as a person would be bothered if you didn't look that way?

P: erm, I wouldn't have liked to look like this (slaps his stomach) in my 30s or 40s.

I: right

P: I'd be honest, I wouldn't.

I: so...

P: as I am now! I'd like to lose some weight.

I: so now, in the current-current situation, you would like to lose weight?

P: yeah, in fact I am trying to do.

I: okay

P: I am trying to do

I: and when have you been trying to do this since

P: well last-well last six months.

I: last six months

P: six to twelve months...weighted, 21, 22 stone.

I: wow

P: weighted 22 stone. And I thought it's time to get rid of some.

I: and why-why-why want to get rid of this weight?

P: because I am far-I am far overweight.

I: and why is that a problem?

P: it just-to me it is, to me it is, I just want to be, err, I probably sit more now. Since I've retired I sit about more.

I: okay

P: erm, but I am also trying to-I'm not a gardener. I hate gardening. I don't mind decorating and little things like that...

I: no but, what I am trying to get to the core of is, why is it a problem for you that you-that you feel that you're overweight 36:01.25

P: I think it is slowing me down

I: okay

P: I think it is slowing me down

I: so physically you feel it is slowing you down?

P: yeah, but am, now I am-and I've also got back problems which I didn't used to have

I: and is that because of your weight gain?

P: that's because of the weight gain.

I:

P: I go to a back care practitioner, and she says well if you lost weight you be better off...

I: do you think that, that you want to lose weight not just-is that the only reason why you want to lose weight because of the functional aspects, so for example, let's talk about aesthetics, so the way that you look. In addition to it slowing you down, do you ever want to lose weight because you want to look a certain way as well as function a certain way, or is just because of the functional aspects that you are wanting to lose weight?

P: functional...well, I don't like having a (slaps stomach) belly which hangs over me belt!

I: right

P: I don't like having a belly hanging over belt

I: why

P: I've never-I've never had a belly hanging over me belt

I: but why-why do you feel so bothered about having a belly hanging over your belt?

P: I don't think it is-I don't think it is healthy for me. I don't think it is good for my health, full stop.

I: what if having a belly made no difference to your health and it was still hanging over your belt? Would you still want to lose it?

P: more than likely yeah

I: so then that's not-

P: that's just sort of err, pride, pride in yourself.

I: okay, so let's talk about pride in yourself.

P: you know, same as a, me granddad Franklin, they always stood straight up, I always, I don't slouch about now, I've tried to walk straight up

I: okay, so do you think that having your belly over your belt emm, well, really put a dent in your pride?

P: yep, yes it does.

I: so to have pride you need to look a certain way?

P: yeah

I: describe what you should look like

P: erm, obviously I'm not going to look like, anyway like I looked when I was 20. But erm, I'd say I just like to be erm, I don't want to be too skinny, I just want to be basically not as heavy as what I am now. More solid-solid again (slaps stomach).

I: right

P: then what I am

I: okay

P: I have started doing, and I get bullied, a few exercises again.

I: right, who bullies you?

P: my wife

(Both laugh)

I: what does she say?

P: err, come on, let's do some exercises, and she does them with me. She's always exercised to a certain degree

I: oh so you get feedback from your partner

P: oh yeah

I: what are-what are the kinds of things that she'd say?

P: she'd just sort of-she never complains-she just sort of says that, you know she wants to keep me fit and healthy

I: okay

P: you know

I: so what kinds of things would she say?

P: she'd say, 'oh' you know 'come on let's-let's get some exercising done'. She does a certain routine and I do sort of, certain routine, we go back to basically what I did when I were at boxing and I can nearly touch me toes again

I: I can't do that!

P: I'm just a little short of touching me toes...without bending my knees, at the moment I still have my feet quite apart. I'm about (indicates with fingers) that far off touching them at the moment.

I: yeah. And that is something you want to do

P: yeah, because that is making you more supple.

I: okay, so let's-we kind of missed out on the forties and fifties here now, so let's quickly-let's quickly have a glance at what David looks like, very quickly, what does David look like when he is 40?

P: well in his 40s he's erm, probably put on a little bit more weight than-but not too much.

I: and does that bother David?

P: well not really, I am still about 15 stones.

I: okay and that is a reasonable...

P: that's quite reasonable to 6-6 foot, between 14 and a half, fifteen.

I: alright, erm.

P: I still think I am reasonable

I: yes of course.

P: at one time six foot tall, I used to be 13 stone 8, about acceptable, for someone in their 40s.

I: you use the word acceptable, erm...

P: that's what you'd get on scales for acceptable weight. You used to get it on scales at one time, for acceptable weight.

I: right

P: for men and women, and they used to have it on. You know these big red scales that we used to get.

I: really

P: do you remember that

I: I-that's interesting because I think that is something that I would like to actually, erm, look into, because I think that is really interesting.

P: yeah they used to put weights on

I: yeah I do, I think I'm getting a picture. Erm... let's move forward again-actually before I move forward into the 50s again, erm, would you say that you ever, erm, adopted any, body changing strategies at any point in your life that we've spoken about to change your weight, like, we are not talking now, we are talking, before now-like from 8 to 40 something. Did-did David ever intentionally, do something to change his body shape

P: no-no, no

I: David was reasonably happy with the way he looked throughout his life, and erm, it is only up until now, that, urm, that he has a concern for his weight, and erm...

P: that is basically from a health point of view

I: from a health point of view, and to some little extent erm to do with pride.

P: But I would say mainly from a health point of view because erm, the more weight you get on, I have COPD

I: COPD?

P: COPD

I: what-what-what-could you...?

P: hang on (pause) At one time it was classified as chronic bronchitis

I: right, okay

P: erm, but they now class as it as a number of things.

I: right okay

P: without me having to go and find some paper work

I: no-no of course not, of course not

P: I couldn't actually tell ya

I: okay

P: the physical, thingy-erm that could have been through, it would've been put down to, basically smoking

I: okay

P: you know when you are working away in a warehouse, it is classified as a reasonably clean job, but you've got, a lot of dust. You know you can get...cough, and dirt comes out with it. It's not coal dust, it's just plain and simply dust

I: and that has health implications. So you are wanting to, from what I-from what I-from what I understand and the impression that you form, erm, you engage in-in all these, in all these you know, you want to lose weight for, primarily because you want to be healthier

P: yeah

I: and in addition to that erm, if there was any reason, or erm, or that would you know, it's because you want to look a certain way as well

P: yeah

I: and that would come with it wouldn't it

P: oh yeah

I: if you healthier than maybe it would bring about subtle changes to the way you look

P: it does-it does 45:16.14

I: erm so

P: nowadays I am doing what I've always dreamt of doing, I watch Eastenders, I watch Coronation Street, no I don't watch Eastenders sorry, I watch Coronation street, I watch Emmerdale

I: do you think pressures with how you look intensify with age, or do you think they-they become less?

P: they become less to a certain degree

I: what do you mean?

P: but only to a certain degree. You know when I went down to see, my cousins, which I aint seen for years: 'God you're bloody fat' (laughs) you know.

I: very- how does that make you feel when somebody...?!

P: not very good

I: and when was this, was this very recent?

P: it's been a few years since

I: and how old were they, were they around the same age as you?

P: (names a relative) 14 months-15 months...

I: younger?

P: older, and erm, and she's thin now, but she used to be quite-quite hefty. You know me eldest cousin, she's 70, excess eater, my other cousin she's quite slim now but she had to lose weight before she could have err, son.

I: right

P: cz' she was quite, she's only small, about 5 foot, five foot three. Me grandma were, five foot

I: right

P: and...

I: wow, so-so, you know what, usually like, some people that I have spoken to, they always say things to me, you know, their mum used to say stuff to them or they dad used to say stuff to them about losing weight or being a bit more trim and you know, dress neatly, do this-do that. But the interesting thing here is-is that, in a kind way or not so kind way, you either had your wife or your relatives comment about your weight, whether they done it nicely like Erica, or whether they didn't do it so pleasantly like your cousins or whoever you are speaking about, erm, so you have received feedback, now that feedback like you said didn't make you feel very, it didn't make you feel very good

P: no

I: erm, as a result of that feedback do you think that kind of fuelled-fuelled why you want to lose weight, or did that encourage you?

P: no, no that didn't really mean anything, because me Granddad Franklin, when he was, after me grandma died, he put weight on, and he was, heavy. Me Dad, after my mum died, put weight on

I: okay

P: it seemed-basically it seemed as though the Franklin males, great Granddad Franklin was, err, a little fat man. Me granddad, me dad, ended up-me granddad put weight on, he had a 54 inch waist when he was in his early 70s, late 60s, well in his 60s and his 70s. Erm, me dad, ended up at 16 and a half stone

I: right

P: at five foot six...he always said he were five foot six

I: okay

P: when we were looking after him, he-he lost a lot of power did me dad. Who-my age, me dad were no longer powerful.

I: what do you mean powerful, as in health context or...?

P: health context he had-it was considered chronic bronchitis in those days.

I: okay

P: he smoked all his life...so that also affects ya...

I: you know what that kind of gives me the impression that you've obviously spoke to me cz' I remembered what you said to me earlier on, about how-how when you stopped smoking, that is when you started piling on the weight.

P: yeah

I: now on one side smoking may help the way you look aesthetically but smoking damages you health wise, so its like, if you leave it...

P: Sm-smoking is also part of your image.

I: yeah, so-so-so it is interesting because-it has advantages and disadvantages you could say.

P: yeah

I: disadvantages obviously because it affects your health but the advantages some people would say you know, but even though it is not a healthy way of losing weight, some people probably smoke TO LOSE weight. That is not something that I'd encourage or that you should do, because it would have further- I think, the disadvantages weigh heavier than the advantages

P: I wouldn't...

I: so-so you stopped smoking about how many years ago? About 7-7 years ago?

P: 7 and a half years since yeah

I: well done, that's-that's really good. And-and you managed that!

P: it were-it were I just stopped...my friend at work, and her brother, stopped smoking, he was same age as me

I: wow

P: he stopped smoking same as I did. It affected him, he went blind

I: oh my god

P: and erm

I: with smoking?

P: cz' he'd stopped smoking, just, cold turkey.

I: okay

P: it affected his eye sight, he just went blind. And erm, he ended up totally disabled in a wheel chair. The doctor said it was cz' he'd probably stopped- I'm not saying he smoked any more than I had done, he smoked about 30-36 a day, and I used to smoke, between 20 and 30 a day so, probably a bit more...

I: how content would you say- I think I've got my answer to this anyway but, I'm still going to ask this question, how content would you say that you-how content would you say that you have been with your body throughout your lifespan, let's exclude this little period now and let's talk about...

P: overall, quite content I've been-I've been quite lucky, I've been healthy

I: right

P: I've never had a lot of money...

I: but you have had...

P: me mother always used to say that as long as you've got your health and your strength...

I: of course

P: and I have always been and Erica, up until recently, she's been lucky, we aren't ill or anything, not really.

I: ok

P: so

I: from this interview, which is going to be coming to an end soon

P: yeah

I: I kind-kind-kind of get the impression, that it is only now that you erm, that you are beginning to become a little concerned erm, about-about-about your body, and that doesn't necessarily have to mean, erm, with respect to the way it looks but the way that it-it-it is-mainly for health reasons. So how content would you say that you are with your body now?

P: now, I'm feeling, the weight is going down a little bit

I: okay

P: so I am feeling more content

I: okay

P: I will feel more content when if I get to 19 stone.

I: okay

P: I'm just topping 20 at the moment. You know, if I can to 19 and if I can get to 18, if I can get it to 18 stone, I'll be-I'll be content.

I: what are the things-sorry carry on...

P: erm, like I said I am trying to lose, I want to-want to, like I said is like a workout in the garden, without having to stop every few minutes for a breather

I: okay

P: erm, I want to be able to decorate...but err, if I tried to do a little bit more each day, that's what I am trying to push myself into, to do a little bit more each day, and the more I do, the better I feel to be getting

I: okay

P: I'd retired and it's so easy, Sunday, you go to get the papers, the local paper shops now closed, I don't mind crossing the road up here, I used to like to go to the middle of the lane, so-I'm having to walk more, by getting a car to go for a walk...and do find...that I'm actually, if I go up to Tesco, I park up far end of Tesco's, so I have to walk right down to the door, to walk around Tesco.

I: alright, if you-the final question would be, or not a question but, imagine a young David is sitting in front of you, your younger self, what are your thoughts about looking at your younger self, let's talk about David when he's, 27, 26-27, and he is sitting in front of you. Is there anything that-you'd look at that David now, looking at the way you look now, and looking at the way you looked then, what are your thoughts on that David in retrospect, what-what do you think of that 20 year old or that thirty year old David...?

P: well... you know at 27-28, you're at your peak. You're at the peak of your physical fitness. You're not going to get, all you're going to do from there, is when you get to 35-you'll stay there about until you are 35 and then it starts going down! And that is a natural-that is a natural effect...

I: would you ever want to be like that 20 year old?

P: no, no. No I wouldn't want to be. I wouldn't want to be like that again, I wouldn't want to be that age again. I wouldn't want to be...that age, now. You know, or erm, necessarily that weight, you know when you come down... you know, I'm 67, I'm retired, I'm quite happy with retiring, you know, basically I am quite happy with my life. I just want to, as I said, lose just a little bit of weight, so I can move around more, and

I: probably walk around with a bit more pride

P: yeah

I: well thank you very much for your time. I'm actually going to give you this opportunity to say anything else that you like to say before I-is there anything that you'd like to add to this?

P: not that I can think of, no.

I: okay. Well thank you very much, I am going to stop the recording now.

APPENDIX A.7.8. NOAH'S INTERVIEW TRANSCRIPT

Noah's Interview Transcript

I: So I am going to read a little brief out to you verbatim, erm, so thank you for taking part in the study. You are part of this study because you meet the selection criteria, i.e. are male between the ages of 50 and 60. Are you?

P: just-just

I: just

P: just 50

I: okay that's fine. Erm, the purpose of this interview is to gain insights into the way you, erm, as a man have felt, erm perceived and behaved in regard to your body at various points in your life. Erm I would like to let you know that the interview will be recorded, erm transcribed, analysed and possibly incorporated, erm, anonymously within the final report. So, you have a right to withdraw from the study at any point during the interview, and you're not obliged to answer any questions which you find uncomfortable. Erm, what-what pseudonym would you like? What-what-what fake name...? Shall we just call you Noah or something?

P: Oh I don't mind.

I: Ok, so if you are happy, shall we start with the interview?

P: yeah

I: So tell me, a bit more about yourself?

P: right, what do you want to know? I'm 50 years old, last month, erm, I started life in the armed forces

I: wow

P: I was an officer in the armed forces. I've played rugby union professionally

I: wow

P: erm, attended many universities, and I've lost count, three master degrees.

I: wow

P: two first degrees.

I: that's amazing

P: three postgraduate certificates

I: wow

P: erm, and now I am currently working at the University of Bradford security.

I: okay

P: that's basically a very short history of my life, very short.

I: Take me back to when you were, err, if you can remember as back as when you were 8 to 11.

P: right

I: Ok, so what does Noah look like?

P: Erm, av-well, probably slightly shorter than average height. Erm, fair coloured hair, blue eyes, little bit overweight, but nothing, I say overweight for what was overweight then, probably now...

I: okay...

P: ... cz the way that body shapes have progressed and with these supposed obesity problems wouldn't have been overweight

I: okay

P: ... if I was living at that age now.

I: so would you say that at that time because it wasn't considered overweight, wouldn't have had any impact on the way you felt about the way you looked?

P: No, no I was just, a normal kid, used to go out, go to school, or- out. If it wasn't bad weather, was out every day playing, I lived in the countryside, so, if I wasn't school, I would go out in the morning after breakfast, my mother used to see me at lunch time, out after lunch, back for evening meal, back out after evening meal. In... when it got dark. So that was it. Go for miles. 5, 6, 7 miles.

I: when would you say you really became aware of your body? Was there any point where you thought right, it came into your consciousness?

P: not, I- erm, probably when I was about 14, 15, 16

I: and why was that?

P: that was because I was erm, I began to play rugby at the age of 10. But-but by the time...

I: that was early

P: well I lived in Wales

I: oh alright, okay.

P: it was, meant to be. But by the time I got to 15, I was playing at a good standard, erm, Welsh School Boys

I: right

P: then I was conscious about training and developing for playing rugby so...

I: right

P: you are more aware of training and-and that affects your body shape

I: did you have to be a certain body shape in order to be...?

P: no, rugby you could be, it takes all different body shapes but obviously for a particular position, there is an ideal

I: what position was that, and what body shape did you need to be?

P: well, I started off as a wing forward, so you needed sort of quite-quite strong, you needed a bit of bulk, but not really heavy, cz you-needed, you-needed speed and stamina. Erm, and-and then as I got older and played, I played scrum half, which is more based on speed. Erm, and-and power, rather than stamina.

I: okay

P: so

I: so I am guessing the sport didn't really rely on looks, but it was more on what you could do with your body as opposed to the way it looked?

P: yeah-yeah, yeah, I've never been particularly bothered, about the way I looked, which is why erm, when I've played sport like rugby, you know you tend to get disfigured to some extent

I: right, what do you mean

P: well you get a lot of scars, a lot of broken noses

I: really

P: fractured skull, fractured cheekbone, jaw, erm, I think I've had a hundred an', hundred and sixty odd fractures

I: seriously? And this was across the span of the whole time that you...?

P: yeah , yeah. Erm, I've played rugby for forty years, so...

I: wow. Are you still-are you still playing...?

P: I play, I play six or seven charity matches a year.

I: wow

P: so

I: And is that with the same age range or is that, is that...?

P: that's veterans, so that's over 35.

I: right

P: I'm at the top end of that spectrum. But, because of my lifestyle, I've always been fairly fit.

I: okay so, that's-that's a good thing. Erm, let's go a little bit forward. Erm, actually no let's stay there for a little while- for a-for a very tiny period and ask you...what was home life like?

P: erm, my home life was pretty good, you know, fairly settled, umm, wasn't aware of any problems between my parents, had a sister seven years younger than me. Umm, basically, what was a normal childhood for those days. Went to school, spent my time outside or inside erm, wasn't particularly pressurised in any posi-direction to do anything

I: okay so you weren't pressurised in that respect but were you ever pressurised- did you ever feel the pressure to look a certain way from your parents end? Did they-did they ever like say to you, you need to look a certain way in order to...

P: no, never... I've-my parents I mean-sort of as I was getting older once you get to the bit where you can shave or, y'know dad used to say maybe you need a shave or, get your hair cut you scruffy git, but, never I never felt pressurised, it was always joking and, erm, and to be honest I've-I've just looked the way I wanted to look and wear-worn the clothes that I've wanted, and not particularly worried about...

I: right

P: ... other people, never been a problem.

I: Orite, okay. When, okay, so let's, so between the ages of 8 and 11, obviously in between you said you started playing rugby so I am guessing before that age you looked a bit different and, after that-after you started playing rugby did you notice any subtle changes in your body?

P: not-not especially because when you start at the young age you don't, it's not so much about developing the body it's just about learning the game and having fun.

I: right

P: it's sort of, when you start getting a- because I got to ... at a higher level it starts to become more important, the training aspect which is-has more of an effect on your body. Err the playing the rugby, more than anything I just sort of increased my self-confidence I suppose.

I: where did that-where did that passion for rugby come from?

P: partly growing up in Wales, where everybody. Because it's a national sport.

I: did your father play it?

P: actually no. My father played football and was a good cyclist.

I: okay, so

P: so

I: so, did that inspiration ever come from him? Or did it- was it just something that you just...?

P: no, it's just something- I really enjoyed, when I-when I was a child I played any sport I could play. Was always outside playing sport, and erm, I got the opportunity to play one day, and found that I was quite good at it, and if you find you are good at something you tend to stick with it. But I did-I did other things, I did a lot of canoeing and err, surfing....

I: so you were pretty active like even in your preadolescence, going from your preadolescence into your adolescence.

P: always, I've always-always been playing sport. Some sort...

I: okay. So, let's-let's take a bit, let's take a few steps forward, and go into your young adulthood. Let's say around your 20s now, what does Noah look like in his 20s?

P: Erm, probably, I'll have reached my final height then. So 5'8.

I: okay

P: so my hair would have turned dark by then. Erm, I've had filled out a bit, so, bit stockier, erm, quite-quite big legs, erm, chest, arms, from playing sport, erm, my nose would have been broken several times since then so...

I: and how did that make you feel? You didn't, didn't care?

P: Never makes a difference. I've put great reliance on medical care. I've always taken the view that, most things that I can do to myself playing sport, medicine could fix.

I: right

P: and if they can't-they can't

I: and if they couldn't, would you still have felt, 'oh god, this-this incident has caused me to feel...'?

No, no, doesn't bother me. Erm. My-my own personal safety, I'm quite reckless about- other people's I'd be careful is, but mine... otherwise I wouldn't do the things that I've done.

I: erm, so you are in your 20s, you look that way, so whether-you know your perceptions, there could be a good perception, so did you actually have perceptions about your body? Did you think, 'oh I look like this' like were you, like, it doesn't have to be 'oh I look bad', were you ever like: 'I look good!'

Not, not especially no. I honestly never thought about whether I look, good or bad. I might have thought, umm, I look too bulky for sport, because I am carrying too much, so I need to slim down a bit, and by bulky I mean, too much muscle rather than excess body, cz I've never had a lot of body fat.

I: and why-why-why did you feel like you needed to slim down?

P: well, erm, when I was err, 20, I was due to- I was playing for the Welsh, under 20 team. And I was due to be selected for the Welsh second team and then, y'know maybe full honours, and I broke my leg in training, and I broke it in 8 places. And after that I never -I never quite got back to where I was.

I: okay

P: because, you're gona a bit of speed and what have ya, so then I became more aware of if I was carrying too much weight, I was too slow.

I : okay. You made that association,

P: so erm, again it depends on what position you are playing...

I: and again that was to do with, you had more concerns about, how you are going to play this sport as opposed to...?

P: it wasn't how I looked, it was performance.

I: it was mostly physical...it was mostly to do with the performance as opposed to aesthetic...

P: yeah-yeah-yeah

I: okay, let's move, let's talk about if you don't mind me asking, you don't have to answer this question. (Pause) Let's talk about other significant-significant others in your life.

P: right

I: so, at that time, in the 20s, or let's say in your 30s, I mean, are you married? Are you with someone?

P: I am yes.

I: okay, so. When did you get married?

P: Well this is my second marriage.

I: okay

P: so eleven years ago.

I: right okay. So, now that we've got that in perspective, we'll go back to that later on. We are in your 30s now, so, what does Noah look like...?

P: pretty much the same as I did in my 20s to be honest. Not a lot changed.

I: you didn't feel like you aged as...?

P: in terms of how I feel, I don't feel any different now, 50, than I did at 18. I-I would say I noticed like if I play a rugby match now, it'll take me a week to recover, whereas I used to be able to play a day later.

I: wow

P: so I noticed, the difference in recovery, erm, when I train in the gym. I can't do it. I used to train two, three times a day, now it's every other day.

I: do you think that most-most guys, like you know, at your age or in that- from that time, didn't really care about the way they looked? Do you think it was like a cultural thing or do you think...?

P: It was, I did grow up in the 70s (laughs) now all the 70s were like, it was, you know you had punk at the end of the 70s, where, erm, outrageous and bizarre, and you had, erm, glam rock at the beginning, so, it wasn't sort of, being different, looking outrageous was considered, what most people wanted and looking sort of, shall we say the norm...

I: okay

P: was sort of being different, so erm, I-the people I, associated with was never about, whether you look, you know, a particular way, or whether you look good or...

I: who did you associate with?

P: well, again, it was people who played rugby, most of the time. Umm...

I: who's your favourite rugby player?

P: my favourite rugby player? He's a guy that just died recently in a car crash, called Jerry Collins.

I: right, and did he play at the time...?

P: no, no, he played since, he was sort of still playing, so, but...umm

I: no I mean as in when you were growing up

P: when I was growing up who was my favourite?

I: you just mentioned about, y'know you were growing up at a time when you had this glam rock...

P: J P R Williams

I: right 15:03.15

P: so

I: what did he look like?

P: erm, he was about 5'11 he had quite long straggly hair.

I: right

P: didn't look particularly big. He was really tough, he played for Wales, the British Lions, you know, the highest standard that you could get.

I: So did you ever embrace, anything to do with him, like, obviously, you probably admired him for his skill again, but like, did you ever think like, I want to look like this person cz- did you ever associate skill with looks?

P: Not really, no, no. I mean part of it is because rugby is a sport, that, would take any body shape- any body shape, so, if you are of a particular body shape, there will be a position on the field that matches that, so like your second rows are usually 6'6, relatively large, y'know 18 stone or so...

I: did your height ever bother you?

P: Height? Yes!

I: because you mentioned it implicitly a few times.

P: well, when I play rugby I like playing wing forward. That's my favourite position. But as I got to a higher standard, I was actually deemed too short, which is why I started playing scrum half. So being 5'8, I needed to be 6 foot, 6 foot 2. So there were times where I wanted to be a little taller

I: And did you try doing stuff which made you a little taller?

P: No, no, just accepted that that was the way that it is. If-if I'm 5 foot 8 and I am fully grown, I'm not going to be any taller, not without doing something...well, I dno, even if there is, medically you can do but...

I: so you, never ever-ever attempted to do anything to, because you didn't think that it would....

P: no, no, no-no.

I: Let's go into your 40s now. So, which isn't that long ago I'm guessing...

P: well last decade

I: last decade... what does Noah look like?

P: erm, pretty much as I look now, 5'8, dark hair, starting to recede a bit, umm, about the same weight, same size

i: How does Noah's perceptions, well, what are perceptions now three decades later, does he think about it now or does it, or is it just the same mentality that he had...?

P: what in terms of the way I look?

I: yeah

P: hmm, I do think about the way I look if I'm going somewhere significant, especially with my wife. So I would take more...17:50.22 time to make sure I look presentable, and-and...

I: give me an example

P: erm, for my birthday we went to the opera at Covent Garden, so going there I would, y'know, you wear smart clothes, your shirt-you don't have to wear a shirt, tie, but generally most people do. 18:17.69 And I'd make sure I'd shaved and my hair was cut and tidy an' that, so I'm more aware...but that's not- well, it is for me but it's more because I don't want to sort of, let my wife down, as such, so, I-you know, peep-peep-whether you like it or not, people would judge her on what I'm like.

I: oh right

P: And I get judged on what she's like, you know...

I: okay, so then I'm guessing you guys are getting- does your wife give you feedback would you say, with respect to...?

P: I mean, erm, what she does is she, if I'm trying clothes on she'll tell me what suits me

I: right

P: she won't say, don't buy it, cz she knows that if I want it, I'll buy it, if that's what I've decided that I want. But she will- I mean she's good about it, she says 'it looks okay, but maybe this would suit you better'.

I: so she puts it nicely and then-but she does get across her preferences in that way...

P: yeah

I: has she ever commented on your weight or has she ever commented on anything like that?

P: no, never on my weight, erm, I'm just trying to think if she commented on anything. 19:33.39 yet alone that. I can't think of anything to be honest.

I: okay

P: she accepts, she accepts that this is what I am, y'know, I go to the gym, 5 times a week.

I: you go to the gym five times a week?

P: yeah

I: wow. So what takes you to the gym five times a week?

P: the fact that I've been in the services and trained from the age of 15, so, it's just something that I've always done and, erm, I mean I've been injured occasionally, I put on weight quite quickly

I: right

P: but luckily my body responds quite quickly to exercise as well so I can lose it again. But when I'm carrying excess weight, or I haven't been to the gym for a while I don't enjoy it, I don't like the feeling about having the extra weight.

I: Why?

P: it just makes me feel uncomfortable. Y'know like if I bend over and umm, I can like feel me stomach

I: but why does that make you feel uncomfortable?

P: I don't know. I just never had it. So, it's not a feeling I'm used to. I suppose if I didn't train at all, and just put on the weight gradually, you might not notice it. But because most of my weight gain is ... when I'm injured so I can't train so, goes on quite quickly, I notice that.

I: okay

P: so

I: so it actually makes you feel uncomfortable...

P: physically, yeah.

I: okay. Because I would have thought, if I bent down and I obviously have like something poking out, it'd make me feel uncomfortable, only because I know, people might be watching me, it might look a certain way like, I probably would be the opposite to you but, I wouldn't feel uncomfortable because, if-if there was no such thing as an ideal, I wouldn't care either. I would probably do that and it would make no difference-but because I know there is a certain ideal, that's why-that's why I would feel uncomfortable. So, when YOU say you feel uncomfortable, would it be because of something like that or would it be because you feel uncomfortable because it's hurting you when you bend down, and you can feel it colliding with your chest or...?

P: I-I yeah I think just because sort of like the bending, at the moment I can bend, and I can't feel any sort of, me stomach's not, pushing against anything you know. But if I am carrying excess weight and you bend an like, it could feel, like-live your inner is being pushed an', I think as you grow older it becomes more noticeable as well. I mean I don't care whether people like the way I look or think I'm overweight or anything.

I: okay. Would you ever care the way your wife looks at you though? As in she is someone significant.

P: If she thought I was someone who was looking particularly overweight for instance, yes that would bother me I would want to do something about it.

I: okay, but she hasn't yet given you the opportunity to feel that way?

P: No, no.

I: that is probably because you are already in good shape, that is why.

P: yeah, I mean I- plus the fact you know I realise that if I keep myself as fit and healthy as I can then the chances are that is going to help-help prolong my life. You know, it is a lifestyle kinda thing as well. 22:48.22 And I want to get to my retirement age and still be healthy and to enjoy it

I: I think that's really good err, I mean are you still... now?

P: yeah occasionally yeah. I mean I still surf.

I: but what do you do to- do you still go to the gym though like you're saying you still going to the gym five times?

P: yeah, yeah.

I: So you'll probably be going to the gym after this?

P: No, I tend not to when I've just finished my last day at work

I: right

P: cz' I've done 36 hours in three days, so

I: wow that's a long time. Erm, just a last few questions. Erm, do you think pressures with how one looks intensify with age? And when I mean do you think one, I am talking about YOU.

P: hmm, no. I don't. I-I think that, as an individual I certainly feel that as you get older people are less critical of how you actually look. But I don't know what age that kicks in.

I: okay

P: y'know, so erm. I-tryna think of an example, but I can't.

I: okay

P: Y'know, it doesn't bother me, but I think about other people. Unless you are in a position where your required to look a certain way, more people get relaxed about the way older people look. I think it is a younger person's preoccupation...

I: right

P: the way they look... personally.

I: Okay. So you think it's erm- it kinda like you know-you know there's one thing which I think has been absent from this interview, I mean, I think it has been an amazing, an amazing discussion actually I think, you've come out with some very interesting things, however, I've not really got to tap into, some of the influential things in your life, like some contributing factors, just in general, like- I think one thing that is missing is peers. What were your peers like when you were at school you know?

P: erm, most of my peers were pretty similar to me, they didn't all play the sport, we were all-we all used to live an outside life basically when the weather allowed, erm, I don't recall any of us being particularly big followers of fashion or feeling the need to dress or behave a certain way.

I: why?

P: umm, why were we like that or why don't I...?

I: why did you not think like that?

P: I-just trying to remember, what they actually looked like and, I mean, I think if you stood us all together we would all be pretty much the same...obviously slightly different body shapes.

I: But your attitudes

P: but our attitudes, erm, I think maybe once you started getting' into your late teens, and the opposite sex started to come into it, then, people maybe started to maybe find their own individual, ways of being and looking. But then people maybe started to dress a different way, some people care about their appearance and so on, erm...

I: but did you guys ever think, ok so let's say one of you started doing that, would that-would that influence the other group members? Or would that be oh no he's doing it, that's his own 26:19.94, one, each to his own...?

P: I think we might have been influenced slightly. Y'know, erm. I think, the craze for a certain type of trainer, which obviously still exists these days that would've had some influence...

I: you're talking about style here now, and you're talking about clothes, let's talk about bodies. Did you guys, did any of your friends ever changed the way that they looked physically for let's say the kind of scenario that you've explained, did any of them start going to the gym or did you guys do more press ups, did you guys do more sit-ups to get your stomach in.

P: Not-not that I was aware of, you know, we, each had our I played rugby, some played football, a friend of mine-very good friend of mine played tennis, and I suppose you could say playing that sport, you will train and play the sport and your body shape will change to some extent to match the sport, so in that respect, yes, that would have happened, but, I don't think it was ever a conscious-'Oh I need to be like this for such an' such a purpose'.

I: You know what that's interesting because I'd think that if for example you didn't play sports, or your friends did, maybe you wouldn't have those changes that they had and at that point do you think they'd have, well they wouldn't have been friends, but would-would you think that someone would make a comment about the way you look, or the way you are-part of that group- was there someone who wasn't as built as yourself in your group of friends.

P: Yeah, there was a guy who was quite overweight. Erm, and I don't recall anyone ever telling him, you know that you've got to lost weight or, as kids do, we'd make a joke with him about it occasionally but it was never, never a particularly nasty way, it was always done in a friendly way, and he was always very good about it and I don't think anybody ever suggested that he should be anything other than the way he was. Erm, I mean I did grow up, as I said I did grow up in the countryside , it was a small place, erm, so maybe we didn't feel the pressures that somebody growing up in-in a more metropolitan place would feel, where they are subjected to maybe more peer pressure or more images and so on. I mean I was never into, or, it wasn't around as much when I was younger-like, the men's magazines and showing images that this is, the ideal male physique, so that was never a- never a issue.

I: okay. How content would you say you are with the way that you look, today?

P: erm, yeah, I'm pretty fine with the way I look today. I'm not saying I couldn't be better- I rather not have to wear glasses all the time to be honest. 29:19.11 cz they're a bit of a pain in the backside but, erm, other than that, not much-could do about it. Quite happy.

I: if you had a younger Noah sitting in front of you, let's say thirty years younger than yourself and you looked at him now, and he's going through everything that he was going through then, but he's doing it now in front of you, is there any piece of advice that you would give that young Noah, of 20 years?

P: erm, not really. Just enjoy it...

I: just enjoy it

P: just enjoy it...

I: and not do anything differently... or were you happy with...?

P: no, I-I, I mean I've grown up believing in, its my life, I make the decisions I make, and I live with the consequences. Good or bad, erm. And, umm, I've got a son from my first marriage, and he's got a-he's sort of like me, but not played sport. So there is a difference in body shape, and I've said to

him, look I don't care what you do as long as you just enjoy your life because it's all you've got, basically.

I: if you had to rate yourself from one to ten...

P: on what? On...

I: On-on-on, okay let's start with physical appearance, and then we'll go to functionality, so what would you give yourself...actually let's do this,

P: go, go on then (smile)

I: let's say this for, between-we won't go through each stage...

P: right my physical

I: yes

P: how I actually look...

I: yes

P: yeah about, 6 and a half, 7.

I: why not 10?

P: (pause) erm. I probably, if I hadn't played rugby, I would probably, be slightly better looking...to be honest.

I: if you didn't play rugby?

P: yeah, because I wouldn't have broken my nose five times, so that would be, a little straighter-if you're-you're going for the ideal, or the-obviously I'm limited to some extent by my genetics, so...

I: so you give yourself, 6 and a half out of ten

P: that's right

I: and that's because of the injuries you've had, and you think had you not played the sport...

P: I would

I: you would have matched the ideal...

P: well I would match the ideal that I could be. I mean if you compared with like erm, other people, other blokes then, you know...

I: does it bother you being a six and a half?

P: not really (laughs)

I: I am what I am, you know. That's it. 32: 01. 35 So in terms of functionality, I'm about err, for my age, I'm probably about an 8.

I: that's pretty good. I mean you look okay as well, I mean...

P: I mean, I can still-I can still, when I go to my old rugby club, I can still perform at the level of the thirty year olds.

I: wow that's good

P: but then I do suffer from, you know, I have had a lot of body trauma, so I'd suffer from a lot of aches in the shoulders and neck and things like that but, that's err, getting old thing.

I: Can I quickly ask, you said you had three masters

P: yeah

I: what did you study if you don't mind me asking?

P: the first one was erm, MSc in contaminated land and ground water...

I: right

P: ... investigation and mediation techniques.

I: wow

P: the second one was, no actually the first one was an MSc in molecular biology.

I: wow

P: And then the third one was an Mres in erm, modelling and management of watering in the natural environment.

I: wow so you've got quite a lot of education behind you...

P: yes

I: a lot of sport, and you're still doing well and erm, and that's-and that's great so. Thank you very much for your time. Is there anything that you'd like to add?

P: not especially.

I: okay well...

P: err-err, I mean err, I probably didn't discuss, obviously being in the forces would have had an influence...

I: right

P: to some extent

I: how old were you?

P: 33: 39.75 I was 20 when I first joined up, and I was nearly 37 when I left.

I: wow that's 17 years.

P: but some of that time I was also playing rugby professionally.

I: okay

P: as well

I: what kind of things would you do in the forces like?

P: well, I was in the, special units and stuff that, can't really discuss. But obviously erm, if you join the forces you're given through your training a sense of, you know, it's good for become sense of who

you actually are, and confidence, but you're also given that, umm, yet a sense of duty. And a requirement to also look a certain way, in the forces

I: really, and what-what-what was that requirement?

P: well, you have a uniform which has to erm, match certain criteria, because you are inspected. You have criteria on hair length, can't grow facial hair erm, all very strict, that you'd have to adhere to.

I: what about your body?

P: that, you-you know, doesn't matter. The requirement is that you're fit. Doesn't matter what body shape you are what-how you look as long as you're fit.

I: so, could you be round and considered fit?

P: they have, they have tests. And you have to meet the criteria in terms of the tests. it varies depending on which service you're in and what roles within the service you're performing.

I: so what role were you in?

P: when I joined I was in the royal air forces, an officer, as a logistics officer, but as I said I erm, I was also a dual role, so I worked for Nato, on a nato uni as well.

I: Nato? N-A-T-O?

P: yes, north Atlantic treaty organisation. It's like the Americans, the British, lots of European nations. Umm, when there is a requirement for an armed force, not one country...

I: right, so, what did they want you to look like? What-what-what-for that role how should someone look?

P: that-that role, was based on...

I: let's talk about body and not about clothes...

P: okay, body, that role was about being, fit. So most people in that role were er low fat, generally quite lean, with a good amount of muscle as well, erm, could run 50-60 miles in a day with a full, 80 pounds pack.

I: 50-60 miles? That's like...

P: hundred k plus.

I: that's a lot, that's a lot of distance to run.

P: yeah

I: erm, basically, you had to be fit enough you could do your job to the highest standard.

P: the fitness didn't just allow you to do all the physical stuff, but by being fit it means you can still perform, any mental agility you need to, and-and tasks, and you're aware of what is going on still. I mean some people can run 50 miles but couldn't focus on a job-doing a job at the same time.

I: so they had to tick all those boxes...

P: yeah

I: so, as long as you ticked all those boxes, if you did have to be an inch bigger on this side 37:24.80 or this side, it probably wouldn't have mattered.

P: it mate-doesn't mate, no. That role you weren't actually judged on, your appearance. That, that role, even in, sort of, your dress, I know you don't want to speak about it...

I: no, no it's okay, go on...

P: even in your dress, it wasn't judged because, it wasn't like being on a parade ground and having someone inspecting you, you were up in, battlefield condition, quite a lot of the time.

I: and-and if you think about it, your clothing like-I don't really know how they look, probably like from the adverts and so on, but you are quite covered aren't you?

P: oh yeah

I: so your body isn't very, is not very vis-well, it is, if you've got a good one, it'd show through your clothes, but like, it's mostly not that visible is it?

P: no, no, it's not an issue to be honest. It's about performing your duties.

I: I think-that's-that's a good thing. I think that's worked as a buffer for you throughout your life as well hasn't it, like you weren't exposed to so much-because you were around the countryside, and secondly, erm, you know the jobs that you've erm, done, they haven't really judged you, you haven't really received any negative feedback, so....

P: no

I: I think that's amazing, I think that's amazing. Is there anything else that you'd like to...

P: no, no, I mean, if I were being really picky... I would just like, and this is something which has only crept up recently, I always wanted to have, a nice suit, you know and shirt and tie, like... (names a tailor), like a real expensive one, because I think like top tailors can take a suit, and no matter what body shape you are, they can make you look, better than you probably would in a...off the peg...

I: I understand. I can relate to that!

P: and I thought I, always liked that, because you look at some guys, and you see some men who, clothes that you buy off the peg just hang perfectly on them, and I would say that's one big gripe, it's cz of my body shape, finding clothes that suit me.

I: so do you think that's an issue-since when has that been an issue?

P: well, I've probably been aware of it for, a lot of years, last 39:41.21 20 years

I: really?

P: but, it's not something I'm bothered, you know, worried about, as you know, you can sometimes think, oh you know, you can get a nice suit'n that, but for me, I'd need to get a tailored one.

(Stopped recording)

(Resumed recording)

I: ... so you were talking about the suits an', that-that's really interesting, cz you said that you know, there were certain clothes that you couldn't wear because you thought they didn't make you look, well I'm guessing...

P: well it's getting clothes that fit properly, and I think this is not so much about me and my body shape, it is about, manufacturers, they manufacture clothes to a certain body shape as it were, and I find, not being that body shape, makes it difficult to get...

I: see I wouldn't think you'd have a problem...because you seem...

P: well shirts are done according to neck size okay, as an example

I: yeah

P: so I get a shirt to fit my neck size, and I end up with, all this extra shirt that I don't need around my middle, which then means during the day as my shirt pulls out, I end up looking like a bit of mess compared to how I should look.

I: so are you saying that certain people (manufacturers) do create...?

P: it's to do with the-the clothing rather than my body shape I suppose but...

I: okay. Well I think I have gone through everything that I need to go through, erm, and I don't think, I really need to speak, erm, I don't think I should bring up body changing strategies, because I think, mostly most of your life, you've been doing things which has been changing your body, even if it is making the subtle changes with the rugby or the swimming, or, the things that you've mentioned...so, erm, thank you very much erm, and what I will be doing is sending you a debriefing form.

(Recording stops).

APPENDIX A.7.9 TOM'S INTERVIEW TRANSCRIPT

Tom's interview transcript

I: erm what would you like to be referred to as, you know-as a fake name?

P: Tom

(Both laugh)

I: erm, I'm going to read out a little brief. Erm, verbatim and then we can start with the interview.

P: sure

I: erm, so thank you for taking part in the study. You are part of this study because you match the selection criteria, erm, are male, and are of a specific age... erm, the purpose of this interview is to gain insights into the way you as a man erm, have perceived felt and behaved with respect to your body at various points in your life. Erm, this interview will be recorded and it will be transcribed, analysed, and possibly, erm incorporated anonymously within the final report. Err you have a right to withdraw from the study at any point and you do not have to answer any questions which you find uncomfortable. Erm, are there any questions that you would like to ask me?

P: no

I: okay, so if you're happy shall we start...?

P: yeah... just to let you know I might receive a phone call, which I'll have to answer, which...

I: no, no. It's fine. What I'll do at that point I will pause the recording and then we can resume...

P: sure. It probably will not happen.

I: okay, so tell me a bit more about yourself.

P: okay, so my name is... Tom (laughs). Erm, I am 46 years old. Erm, I'm from Hull, lived in Bradford for 20-30 years. Came here as a student, stayed, did a few other things, ended up working for the University, currently work for the Students Union, erm, doing things with international students, erm

my job is to, sort of do loads of activities and run centres, so I quite regularly climbing mountains, cycling across the country...

I: wow. That's amazing. I enjoy that erm, I'm always in Yorkshire. I absolutely love that part of it.

Erm, take me back to when you were-we are going back to now when you were 8, between 8 and

11. What does Tom look like?

P: okay well I'm famous for having an absolutely terrible memory so I can barely remember that, so I can barely remember last year, erm, so the idea of remembering 8, I couldn't. I'm really not sure. But err, I was a skinny kid, with ... back curly hair, erm, yeah, that's about it really yeah. Not very active, not very active sort of character, very sort of, bookish, very erm sort of serious character.

I: okay, so would you say, you had an awareness of your body at that time, would you say?

P: (gasps) I, erm, really can't remember it, gosh...

I: when can you remember it? When would you say that you really became aware of, or-how-how far can you remember, erm when you really became aware of the way you looked?

P: (under his breath) oh bloody hell. Probably it's got to be, when-when 3:20.85 y'know when you first sort of become interested in err in relationships and you know the opposite sex and so on, erm, around 14

I: 14?

P: something like that

I: okay

P: is that right....?

I: well, well-well it's your experience!

(Both laugh)

P: (laughs sarcastically) when does Puberty kick in? When does...

I: yeah

P: ... all of that sort of stuff happen? Erm, I think-I became, yeah I mean obviously I began, I think as a youngster not bothered about it at all, appearance that is, erm. Probably around...the time I started

getting interested in girls, but I was very spectacularly unsuccessful so I was very erm, sort of dower character. I liked, erm, I liked the Smiths, the band the Smiths...

I: okay

P: when it first came out, Morrissey and all that. So I did have a tend-I did start doing things like dressing all in black, erm, having sort of spikey hair, so I remember that was when the Smiths first came out, I think it was probably, probably around the age of 14 something like that.

I: okay, erm,

P: is this-is this answering your question?

I: yeah of course, you know, erm, any insights are valuable. Erm, so, would you say, at that age erm, how did you perceive-how did you perceive the-what-what-what perceptions did you have about the way you looked? Like we are talking about during this time now, as in like, like did you ever think anything of yourself, in the sense that-sorry! Anything of your body, erm at this-at this point in time!

P: I can't remember that. I can't remember ever looking at my body and thinking 'I'm fat', 'I'm thin' 'I'm...' I absolutely can't remember that. Erm, until-until much more recently 5:14.61 erm, I mean we are jumping forward a little bit

I: it's fine 05:17.25

P: erm, I think I've only, I would say that I've only become aware of my own physical appearance (under his breath) oh that's not true. I've become more aware of it as I've grown older, certainly

I: okay

P: erm, as a youngster, I never looked at- I was very conscious of my face...

I: okay

P: and my hair. But I was never really conscious of my body. I never had any, I can't remember having any thoughts about my body until you know, past my student days. Past into my 30s really even...

I: okay, so let's go-go into your 30s. And so, does this happen all of a sudden? Or does this happen gradually? Or what causes this-what causes you to start becoming more aware...?

P: I think-I think up un-(sighs) up until the age of (possibly) about 30... I did no physical exercise, I used to work and so on but I did no physical exercise then I moved house, I moved from Bradford city centre, to Saltaire, and I started, there's the canal and it's all very beautiful around there...

I: yeah very beautiful yeah

P: erm, yeah and I started to get interested in and I became obsessed by jogging and I'd never been a physical person and I never played sport at all. And I suddenly became really obsessed by jogging and lost a lot of weight and became aware of...erm of things like that. And I think it happened, I don't remember ever it happening for any reason other than erm, it was a nice place to jog, and I realised that I moved to a nice place to jog, it sounds really weird, but erm, I had a group of friends at that time and we all had this kind of revelation at the same time that 'oh we-we should go jogging', and we started doing it together and we became obsessed by it and I lost a lot of weight and I've always been quite sort of podgy, erm, well not pudgy, but like sort of, fleshy you know because I didn't do any exercise. Erm, and then I became-I became...

I: so would you say that, would you say, that being that way, and I'm not saying-well, it is a normative experience for-for-for a fraction of people to-to-to feel dissatisfied with the way that they look, if they don't fit a certain ideal, the impression that I get from you is, is that-that at least up until the point of what you are mentioning now, wasn't really a problem, you were fairly comfortable with the way...

P: was not dissatisfied with myself, the pudgy me, the pre-jogging me, I wasn't unhappy with my body image, I never had real thoughts about my body image

I: and why do you think that you might not have had those thoughts? What-what was protecting you? Would you have any...?

P: I think it was my-I had erm, almost I was spectacularly unsuccessful with women, erm, until round the age of 20, and then since I've been 20, I pretty much always had a sort of long-term study girlfriend and I've always been very-not the same one but you-you know, a few, erm, but I've always been very happy within all of these relationships and felt very erm you know, confident, erm, within

those relationships, it's never been, I've never-never thought of-of erm, felt unhappy with my appearance. Not because anybody's, you know, not because, erm, I look good or anybody's told me 09:01.98 I look good. I've just always felt...like you know, loved, and erm, happy.

I: okay

P: so yeah

I: so, now we are in your 30s, let's go back to your 30s, now you've began to jog, you've become more aware of your body and that's as a result of just you know, discovering this-this-this hobby I'm guessing, and now, so now you've-now you've adopted this and now you've almost become like you said, you used the word obsessed, that you've become obsessed with this. Did that obsession come from your love of nature, or was it just the love of jogging or...?

P: (laughs) a bit of both of those actually, yeah, yeah, yeah. So it wasn't really about, the physical exercise, or about losing weight or about to tone the body or anything, it was really about kind of like, loving being outside, appreciating being outside, appreciating being outside appreciating erm jogging, yeah-yeah, and friendship really because we as I said we had a group of friends, we really used to enjoy...spending time with each other. Erm, so yeah it wasn't really about erm, physical appearance, but that was a-you know...er, good thing. I did err, a few years later, I became obsessed by losing weight. And I dno why. It was to do with girls to be honest with you. I met a different girl and, erm...

I: when was this?

P: this was probably, gosh-gosh-gosh

I: ten years ago?

P: possibly, a bit-slightly longer...

I: okay

P: so I met a different girl, who I guess I-was, was very beautiful and I guess I considered her out of my league a little bit. And because of that I emm, tried to sort of smarter myself up a little bit. And we were already going out erm, but I decided err, I felt that I needed to sort of sharpen up a little. So

I did-I did-for me, that-that, the way I dealt with that was to lose a lot of weight, and to try and-I did that by cycling and stuff like that. But I think that-I think that-I think that at that point I did actually start to, actually, become aware of my body and my looks and to try and make a difference. It was very much a reaction to erm, this particular girl trying to be, you know, worthy or something (laughs)... of course it wasn't so grandiose, it was, I'm almost exaggerating, joking, but it was something like that, there's some truth to what I am saying.

I: okay 11:35.84 so, if you don't mind me asking, that's something separate but, but I'm only asking this question so that I can make sense of the whole picture. Are you still with this person?

P: no

I: no, okay. But did the obsession to look a certain way, continue?

P: No it didn't. And then-then once, once, I sort of settled into a relationship, I've had-I became relaxed and quite normal, and erm, and-and yeah. And then erm, I just went back to normal. I've always kept to the jogging, so since, since that age of 30 I've been, I've been, I have been a sort of, I guess a little thinner than I used to be when I was a kid and when I was pre-30. Erm, so-so I haven't got any photos to show you but I...sheer coincidence was looking through emm, some old photos...

I: well I as someone who has at least known you for the last seven years now, cz I used to come and do Japanese classes here in 2008, and I've seen you change, like I-I wouldn't so much say with the weight, that's more recent I think, but like you know with the styles and with the hair, and the-the clothing...

P: yeah

I: ...so even from my observation as a student, I've seen-I've seen you change a little bit. So that-that I always used to find fascinating, but I didn't feel like I was in a position to come and ask you. It wasn't my business but, you know, but I've got the opportunity to get info...

P: so does the study relate to things like clothing and hair and...?

I: well, personally, it is about the body. But people-most of the people that I have spoken to do have a tendency to speak about clothes because at the end of the day it is related to your physical

appearance, your hair is a part of your body. You know I do believe that you know-so, is there anything you'd like to say about that?

P: yeah, well I've always been conscious of my hair. I've always liked to, I-I-I really like to look different; I like to change like to look different. So I quite like to do my hair differently where-where possible. And it must be a pure vanity thing or something, so from time to time I-I-so I've like dyed my hair now blonde or white or something, and previously I had like really long hair when I was younger. And erm, like I said I liked Morrissey (The Smiths band member). Err, so I had Morrissey hair for a long time. And I guess, when I was younger I was affected by, like the bands that I liked so back in the 90s I had really long curly hair, cz I kinda liked all that grungy stuff, erm, now I'm not related-I don't really like any bands-(laughs) at all so now, it's not about bands it's just about 'I'll go blonde for a change'. And clothing, erm, clothing is a-is an interesting-I have a rule! Erm, I don't know if this is related to your study...

I: it's okay

P: so there's this thing that I do, I've done it for years now, because I-I don't like fashion and I don't like following fashion and I don't like this idea-so what I try to do is I create a rule for myself every year about my clothes and I follow my rules slavishly. Erm, so, for example, one year I had a rule where I had to only buy clothes at second hand shops. Another year I had a rule where I could only buy clothes from one particular shop...Topman. Erm one year (laughs)

I: it's interesting!

P: one year I could only buy clothes from a certain town and you know it might be a different colour so...

I: so you're allowed to change

P: so it forces me to change and as long as erm, I mean I don't go shopping very often, but as long as I follow the rule and I do then-then I'm forced to change and sometimes I let other people decide what my rule should be and so in that way the idea is that, that it is taken out of my hands...I don't have a choice. But I'm-I'm forced to change.

I: okay. Would you say that those rules ever translated into the way- did you ever have any rules for your body? That this year I'm going to look a certain way...?

P: no, no-no-no those rules are only about clothes. But there is I mean, the fact that nobody else has rules whenever I tell people, people think, oh that is a little bit weird, erm, so there is obviously something in me which is vain enough to do this or, or is very aware or, or something, I-I-I've been doing it for so long I can't explain it,

I: no, no it's just an individual thing isn't it, so...

P: individual choice... so I, I, I guess, how it might relate to your study is to say that I like to change, I do like to change my appearance, I'm not sure it is because I am unhappy with my appearance, erm, but I just like change, erm, maybe.

I: okay

P: maybe you are more qualified than me to see that there is something else going on with me...

I: erm, would you say... we are taking a leap back now, let's talk about family if that is okay. Is it okay?

P: yep

I: erm, let's talk about mum, dad, whoever else that consists in that, you know, comprise that family. And, let's talk about, you know, what were your parents like towards you with respect to, you know, giving you feedback or, did you ever, did you ever feel like you were the recipient of, some sort of, parental feedback, erm with respect to your body or you know...?

P: no, no, not at all.

I: where you, where you guys from?

P: we are from Hull. I lived with my sister, mother and father. Erm, both me and my sister went all kind of black and Morrissey style, erm, in our mid-teens, and my parents, I'm pretty sure they made some comments about why do you always have to dress in black and stuff like that, but erm, but there was certainly no sense of-they were always only supportive really, there wasn't really any-and... they never really asked us to lose weight or tone up or something like that...

I: was it because you were already pretty slim...?

P: yeah we were both sort of slim, no I mean we weren't both sort of super slim, we were just very normal, you know we were both just very normal, so there was never-and back in those days of course now we have this culture where people are very aware about-of their bodies and go to the gym and tone up, I mean back when I was a child, the very phrase 'toning up' didn't exist. Nobody would say that to anybody I mean, if you think-if you think back to then, people didn't really look as good as people look now, because people didn't dress as well as we do now, people weren't aware of- there wasn't much of an awareness I believe, I'm sure that's the case...but yeah, the gyms didn't exist when I was a child, so nobody would go to the gym, not even jogging, I mean I went jogging when it first came out, I'm kind of exaggerating a little but, it kind of did didn't it, erm, in the 80s I believe, erm, so you know there wasn't, people didn't do sort of- we would go swimming sometimes and we'd do gym at school but there was no sense of toning up or keeping your body in good shape, I mean it was just P.E. at school.

I: erm, what I am interested is that, the range of people that I have spoken to, most people, I do not know if it is a gender thing or whether it is a historical thing, umm, not many men that I have spoken to say that they've really been bothered about the way that their body shape is, the way that their body weight is... do you think that word is too strong, in your case, the word 'bother'? Were you ever bothered?

P: no never bothered. No, not even aware, no, never concerned...

I: but why is that? That-that's what I am trying to get to because some people don't even know why, but, there must be some reason why that wasn't the case because there are reasons why there ARE in other people's situations. So, in your situation, if you weren't bothered what-why do you think you weren't bothered? What-what-what was about that time...?

P: yeah, I mean my life as I've said has always, felt loving relationships, always had a lot of friends around me, I've never felt erm, insecure in any way, erm, and I believe it's the case that certainly in the past and perhaps still now, the perceptions of male body still are on TV, magazines and so on

emm, certainly in the past there was never really-you didn't have to sort of aspire to-to look good, erm, as a male, very different for women I'm sure but, em, that's, it is-it is changing now, you do see more sort of toned male bodies and more emm, better looking men but when I was younger, I mean, all of our heroes were, there were not necessarily, physically, you think of emm, you know, the biggest hero when I was a child was Captain Kirk. Captain Kirk was quite sort of fleshy individual isn't he, he was quite sort of, I'm sure he was, you know what I mean. Whereas nowadays that's sort of equivalent person would now be really sort of toned and stuff, so I think it is possibly to do with culture isn't it and how it's changed, and erm how it's been for men.

I: and do you think that is probably-and do you think if you go past a certain age, like a developmental age that, you know, you are no longer probably affected by-by newer things if that makes any sense?

P: yeah 21:17.38 ... since my thirties I don't care what people think. The reason why I didn't dye my hair blonde originally was because-I always wanted to have blonde hair when I was younger I was too self-conscious about it I thought what would people think, you know what-what if it looks rubbish. I don't care anymore, I don't care, I wanted to have my blonde so I'm just going to give it a shot. So I think after a certain age you do stop caring what people think of you and that's certainly true.

I: And do you think that-that-that also applies to the way our bodies are shaped, well, both metaphorically and literally, like, do you think, you know like, how after a certain age you stopped caring, do you think that-that applies to the way you look as well, physically as well, do you think that if you looked a certain way, and it didn't fit the norm you'd stop-you still wouldn't care.

P: yeah I do-Yeah I do. I mean something has happened to me recently erm very recently, in this last year. Erm, I don't know if you, we have seen each other for a little while, but if you'd seen me about a year ago, I've lost a lot of weight in the last year

I: yes I've noticed.

P: and erm, the reason is erm, that I got erm, for some reason I don't know why, I did put on quite a lot of weight, not-not-not a lot of weight, but for me by my standards, about a year ago I started getting middle-aged spread and then erm, then I developed this weird em, err acid reflux issue, which sort of really got out of control and it's been giving me a really bad stomach ache, and sort of, this-this...

I: heart-burny feeling...

P: yeah, heart-burn, acid coming up. So, erm, emm, been to the doctors about it and erm, done some tests and you know, had the camera down the throat and all these things, and we haven't found out what it is yet, I've got to go and get some more tests tomorrow. But, emm, I've read a lot on the internet and in books about this acid reflux problem and I've tried to, you know, deal with it myself, so I have been on some medication but also, one way to deal with it is to change your diet and change the way you eat. So I tried to follow the advice for that, and it has resulted in me losing quite a lot of weight. Erm, quite slowly and for a period of time and at first I was really worried about it, but strangely something in me suddenly has now as I've learnt to live with the acid reflux, at first I was very worried I thought I had cancer and die, erm, it looks as if I haven't. Erm, but I've actually sort of started to like it now, this new way that I am eating and the fact that I have lost so much weight. And maybe this is the vain thing in me coming out, erm, but I've suddenly become sort of erm, obsessed by my own weight and my own eating, it's like I've developed some sort of like you know eating disorder all of a sudden late in life, erm as a result of this. But, I've become incredibly aware of my body shape in this last year and which is very fortunate that you've asked me to do this. And it is purely a result of this acid reflux, and this whole thing but, having seen I was quite sort of flabby here, and sort of love handles and so on. A lot of my friends were all getting this middle-age spread, we're all kind of putting on weight, at 45-7. And suddenly its like flipped for me! And I like it-I like it. You know so I've started to take an interest erm, in this, in some way. 24:56.21 I've been looking at myself in the mirror and I'm like: 'oh I've lost a bit of weight, I seem quite toned'. And I've never done that in my entire life, I would have never done that previously...

P: yeah because when I saw you I thought, okay maybe, obviously to some extent it was deliberate but it was deliberate because you had to for health reasons, initially. And erm, I'm guessing those are still part of the reason why you still eat a certain way and so on. Since I've lost weight, the acid reflux, the stomach ache has gone totally, but the acid reflux is still there...

I: the stomach has probably gone as well!

(Both laugh)

P: yeah, erm, acid reflux is still there, so I am still a little concerned, they're still investigating to find out what that still is, erm, but, I think if I can maintain my current weight, the stomach ache is a lot less, and-and you know until we find out from the doctors what it is... perhaps it's just a food allergy but, not one which we have been able to identify yet. Erm, but the vain part of me is still enjoying it, because I've never been on a diet, and I'm not on a diet now but I'm on a, watching...

I: you've changed the way...your food intake and...

P: ...so I am trying to cut out wheat and dairy 26:16.42 because these can be things that can be triggers for acid reflux. Erm, and other little things, erm, but-but-but really you know, looking at a low acid, anti-acid reflux diet it looks very much like an ostia losing weight diet. I t's actually very healthy sort of way to eat, erm, so no sugar for example...erm, but that was not the original reason, but now it kind of is the reason to look good, erm, somethings kicked in with me.

I: oh okay, that's interesting. Erm, I think in your case this is err, I'm no one to diagnose but erm, the question, there is a question here on my interview schedule which says do you think pressures with how you look intensify with age; and you said something that made me think, in your case, I don't know whether they intensified with age, because you seem to be perfectly, I think you seem to be reasonably happy with the way you look and you have done throughout your life, but I do think that circumstantially, or whichever way it happened, I think it did intensify for you didn't it? Or you did become more, you did become more mindful...?

P: yeah I mean only as a result of this-this medical thing, because as I said the whole thing with the hair and sort of stuff like, I don't care what people think of me anymore, like at all...but then, this-

this-this sort of body awareness that's a reason through this medical thing and has now somehow- has now somehow kicked in and I am sort of getting interested in the way I look. And I don't know why, I don't know why.

I: can I be honest and say that, or ask that, you-you (pause) I don't like to use the word, outrageous but, some people like to-to adopt certain styles, or like you said you wanted to have blonde hair, 28:23.91 and you didn't want to be, what's the word, you didn't want to be treated any differently as a child, you know as a result of making those changes. Erm, do you think that, erm, this is my opinion, and I think you are someone who likes to experiment.

P: yeah I mean, the clothing choice is-is something like that...

I: so you like to experiment, and-and I gather it is more to do with external things than your actual body.

P: yeah

I: it's more to do with what you wear, how you change your hair colour, the accessories and so on...

P: yeah

I: I'm very-very-very intrigued, you're very intriguing in the sense that, I don't see any underlying causes for any of this apart from, you know, like-like, maybe there isn't any, and that's-that's-that's what I have been struggling with when I have been speaking with all these men, because I am saying, but why, why, I'm like that little kid inundating the word why, why, why, why! I'm wanting to know why it's not-it sounds a bit bad, because I am trying to almost say that there should be a problem.

I'm not saying there should be, I'm just interested in why there isn't. You know, I wish, like, especially me for example, I wouldn't say I'm as comfortable as I should be with the way I look, erm, but, I almost feel a little envious of people who-who-who born in that era, or who came before me because they all seem to be very comfortable

P: uh-huh

I: with the way that they look so

P: well that's the thing, when I was a youngster, you know growing old even, you know, when did- when did society suddenly, suddenly change and become very aware, when male body image became such an important thing. Certainly when I was a child it wasn't, erm, so there was no pressure to be, I mean, no, there's no pressure to be...

I: were you growing old in the seventies?

P: see I was born in 1969.

I: right

P: so, I was, em, you know, a child through the seventies. You know, maybe teenage years, formative years in the 80s. Erm, you know, came to University in 87, emm, so, yeah back in those days I mean nobody really, you know, there was no pressure to look good, I mean I could remember suddenly when emm...

I: really, in the 80s?

P: there were-I mean, people tried to look in their own ways, but that was the 80s. But there wasn't really, body pressure. I mean if you think of the people on the TV from what I recall, and the people on the TV, the men weren't sort of toned, I mean they weren't sort of hideous and fat or anything. I don't-I don't believe that men were particularly dashing handsome then. I feel as if men are much more well-groomed and take much better care of themselves and their bodies now, than they used to. And indeed have done for 20, 30 years...but certainly I don't feel that was the case when I was younger.

I: okay

P: I may be misremembering. That's the reality as I perceive it. Erm...

I: okay so if we had-let's take like an overall- if not in different stages, overall if you look back, how would you say you have perceived the way that you've looked. I know it is a very broad question but what are the perceptions that you have had of your body, whether they are positive, negative, neutral? What-what-what would you say ...?

P: Yeah I mean I'm aware that over time, like I'm aware that I'm thin now, I know that I have been sort of podgy. For most of my life I have been podgy, cz erm, like I said I was a very bookish child, and I used to, I've spent my whole life lying in bed reading books. Erm, so I was very podgy, I didn't do any exercise. Erm, but I wasn't really ever unhappy with that I never really thought about it. Erm, and as I said I've always felt sort of reasonably accepted by people. You've hit on something with the whole experimenting with clothes and-and hair. I've always been interested in that. But it's never really, body-my actual physical body other than hair and face has never been err-err thing for me. Erm, and as I say, apart from these incidents like with the interests in jogging and losing weight then, and then-then more recently with this medical thing...

I: they're still causes! I mean they might not be erm, they might not be the textbook causes but they are definitely your individual causes and experiences. But even though you know, I am aware or-or I perceive rightly or wrongly but-the culture changed and male body image became a much more important thing, and when I look at-so obviously I work at this centre here where there is lot of young people here and year after year I see new crop of young people, and I can-I can perceive how the young-the young men are more and more interested with each generation if you like, so for example you know, I'd be chatting to guys, and you know, they'd be discussing their abs or discussing their muscles and they'd be talking about what they'd be doing in the gyms, and they'd be talking about this to each other erm, about stuff like that through their body, and they'll be very open and err, interested in each other's bodies and stuff like that. And that was never the case when I was younger, we would have never, emm, been interested in-in that, even not in our own bodies, not even in anybody else's.

I: you would never have those discussions among your peers or...?

P: never, never.

I: never any standards set amongst your friends that you have to look a certain way?

P: absolutely not, never, erm, and you know, I-I regard that as a relatively recent err probably, ten years? In the last ten years, I regard that as a recent development where young men, and I don't

mean it in any bad way, erm but where young men will adjust their bodies and umm, you know be so interested in-in toning and-and stuff like that, and it still erm, is-you know, slightly amuses me and slightly surprises me and just being the generation I am of, I think you know, and you know, I would have imagined my father's generation, you know, absolutely never conceive, remembering these sort of things.

I: let's move on to feelings...35:06.58 okay so we've discussed perceptions there so. Let's get perception done again, what would you say the perception of your body has been, like if we had to describe in one or two words. What would you consider, what did you think you looked like?

P: well I think I've always-for most of my life, I've been quite sort of, I don't know, podgy but like you know like not...

I: not in shape?

P: not in shape yeah, not in shape.

I: okay

P: but never really fat, never really fat. Just never really in shape.

I: okay, how did that make you feel? How has that made you feel...then and obviously now you are a different-a different body shape. Erm...

P: I think a long time no feelings about it whatsoever, certainly-the younger I was the less concerned I was about it. I think as I have got older, thinking now actually I have glimpsed in mirrors and have thought 'ooh, gone a bit podgy'. Erm, I've been aware of middle-age spread recently erm, I've been aware that erm, that around the waist there is a tyre or something, em... so I have become aware of that in recent years, and yeah one doesn't dwell on it, but it is something like 'orite I am getting a bit podgy, I should do something about it really'. But never enough that I would actually do anything about it, erm, but I am a physical person who jogs and cycles a lot but it's more of an interest, a hobby than anything-I don't do it because I need to.

I: and lastly, I don't know if we have kind of like, I don't know whether I should ask this question because you've almost given me answers to it, but throughout your life do you think you've ever

engaged in any body changing strategies erm as a result of the thoughts or feelings that you've had about your body?

P: I seem to be saying no don't I? I seem to be saying that I got interested- I lost weight previously, because I was jogging, which was an interest, hobby. And that recently it is for medical reasons. And I think that's-that's true, I think.

I: but it's not necessary caused by the fact that 'aww I feel about my body in a certain way and that's the reason why I am about to do this' it's 'I'm doing this because I have to' for my health, for the health benefits', and erm, for other things. But like, I think somewhere down the line, erm, with the second thing with the health thing, I think it was a health thing which became...

P: yeah, there's something there I know, I know, I find myself now looking myself in the mirror and thinking 'yeah I can get more toned up now', maybe I can if I you know maybe jog a little bit more, or something, or, not-not really eat a bit less but yeah, a bit less. So it has become-in fact we are in that moment right now, erm, because that's really happened in the last two months, I think I must've slowly losing weight without really realising it, and then I looked one day, I know that sounds too dramatic...

I: no no, you do, it happens, just like that!

P: uh-huh.

I: erm, how content would you say you are with your body right now?

P: yeah, erm, err, err very content. Yeah very content.

I: and why is that?

P: I don't know, I don't know I mean I am skinny as hell now, well not really skinny as hell but I mean, what I mean to say is that I've got no muscles (laughs) do you know what I mean. I've made no attempts to-so there are things, err, I shouldn't be-I'm not in great shape is what I am trying to say, emm, and I know that, I know I am sort of weedy, erm, but still I am very happy erm, with my body shape. I-this is fine by me.

I: okay. Erm, one last thing actually, before we wrap this up, erm, if you had a young tom sitting in front of you erm, when I mean young it could be at any point really. But let's say 25 because I think that's a good thing, where you can recall probably, is there anything that you'd like to say to that young Tom, if that young Tom, I don't want to say young, but younger than you are now. Erm, sitting in front you, is there any sort of advice that you would now give that young person, erm, they are doing exactly what you've done, but they're doing it now. Is there anything that you'd like to say to them, is there any advice that you'd like to give them?

P: erm, not not really. I would-I would give them advice about, so I think the reason why I got the acid reflux, which has been a huge thing for me, it has been a life changing thing...I mean not only has it resulted in me losing weight, which I say I am secretly happy about, but, it's scared the living daylights out of me because at one point it was very dramatic erm, and I would- I believe I brought it on my self cz, for, the reason for getting it, a few years before then, drank a lot of coffee, erm, ate a lot of bad food, erm, drank a lot of beer. You know, wasn't the food or drink that I was taking in were not healthy, erm, so I would say to young Tom, don't drink so much coffee, don't drink so much beer, you know, eat more healthily, I used to even up until a year ago, I ridiculed things like, not-not in my own head, erm, you know graze box, now you know I would love a graze box...now I would love those kind of things. But a year ago I would have scoffed. So it is not just about body image, certainly if I could meet young Tom, I would say to him just lay off, don't be so extreme with the coffee, and the beer and the erm, bad food, try and eat more healthily, cz it will catch up with you.

I: see that's interesting because, and obviously everybody is a different individual, but when I've-I've asked this question, erm to others, some people have turned around and said to their younger selves, don't worry so much about you know, because I'm not saying-I'm not saying that you are worrying, obviously you are doing it for another reason, but they-they-they almost saw their younger selves being more worried, erm and whereas for as they've grown older, they-they feel that

you know that-that-that they didn't really need to. You know, and that things is not really, it's not really worth worrying and all that-that kind of stuff so...

P: yeah, yeah, I wasn't worried as a younger person, so there is no advice along those lines to offer to-to-to the younger...

I: very interesting

P: ...so... I mean I would, yeah, I would not really offer any advice at all other for than this medical reason, which is as I said, has been a huge thing for me, so I would you know would want to very much offer advice on that...

I: that's really amazing, I think you've had err you know that's a really good way of living to have that kind of you know, not that kind of worry or anxiety about-because it consumes a lot of people's life now, you know, about the way that they look and so on, and so if you've had that experience where you've been reasonably happy, that's-that's-that's a positive thing, and that's a-that's a good thing. Is there anything that you'd like to add.

P: Not really, I mean I do, I agree with your last comment, I think I've been very lucky, I feel-I feel that I was lucky enough to grow in a time that I did (laughs nervously), perhaps, I hope I'm not exaggerating that, I hope we are not making too much of it, but I do think there was less expectations of male body image when I was younger. We still had like popstars...of course...that could have been handsome and so on but, certainly there was, yeah, I feel yeah, I feel privileged to have grown up at a time-I do worry about people nowadays, with all the expectations, however, you know as a result, there are, to use the comparison of the guys that talk at my desk about their muscles, they are probably leading much more healthier lifestyles than I did, and are probably in much better shape than I was in when I was younger, which has only got to be a good thing, so, you know, so there's some benefits, but I was never that extreme, that I got fat or...

I: is there anything else that you would like to say?

P: that's it from me.

I: okay, it was a privilege speaking to you, and I am going to stop the recording now.

APPENDIX A.7.9.1. BEN'S INTERVIEW TRANSCRIPT

Ben's Interview Transcript

I: I'm just going to read out a little brief, erm, it's a standard brief that I read out for all the interviews, I'm going to read it verbatim, so, thank you for taking part in the study, erm, you're part of the study because you match the selection criteria, and, of a certain age, okay, if you don't mind me asking, how-how old are you?

P: I'm fifty.

I: you're fifty, perfect. Erm, the purpose of this interview is to gain insights into the way, you as a man have felt, well perceived, felt and behaved with respect to your body at various points in your life

P: okay

I: erm, I would like to let you know that the interview will be recorded, transcribed, analysed and possibly incorporated into the final report, erm, anonymously, so you-re, you-re, you're going to be called Ben (Pseudonym decided before the recording). Aah, you've got a right to withdraw from the study and erm, at any point of the interview. And you're not obliged to answer any questions which you find uncomfortable. Erm if you are happy, shall we start with the interview?

P: Great, yes, that's fine.

I: is there any questions that you'd like to...?

P: nope, no questions and I am really happy with that.

I: erm, tell me a bit more about yourself.

P: hmm, sorry...

I: no don't worry, take your time.

P: so what are the sort of things that you want to know?

I: just generally, just general background about who Ben is and...you know.

P: well I'm err, I would say, white, middle-class, heterosexual british male, erm, erm what can I say, im erm, I live in the UK, I've worked abroad sometimes

I: okay

P: I, erm, umm, married with two kids

I: oh okay

P: ive done, different jobs, but Im erm, interested in things like, erm, hmm, I'm interested in politics, I'm interested in radical politics I suppose you can say, I am interested in peace building, I am interested in community development, international development, erm, I...

I: is this, is this your area of research?

P: yeah, yeah that's my speciality-area is that, is that kind of stuff.

I: you're a PhD student as well aren't you?

P: yep, that's right, part time, extra....

I: okay, orite, so,erm, take me back to, take me back to, when Ben was eight...okay

P: yep

I: what does Ben look like?

P: erm, sort of fair haired, slight build, erm, happy, young boy erm on the whole bit shy, slightly unconfident generally, erm fairly, but happy-happy-ish.

I: okay, so, what does-what does Ben, is Ben aware of his body at this age?

P: probably at 8, fairly un-self-conscious. Erm, hmm, having said that, I had a reflection, when I knew you were going to ask me this type of stuff. My father was much older than my mum, he died when I was twelve, and, and erm, he was very erm, err, err he was stooped, his back was stooped 3:50.48, and I think at age 8, I didn't know whether I-whether that was a congenital err that was hereditary or not, so I think I probably had a worry that I would grow up with a stooped back.

I: Wow. Even at, even at that age.

P: well, I think from there...dissipated... I can't remember when I found out that it wasn't hereditary. But err, it was a fairly sort of un-it was fairly sort of old fashioned kind of upbringing, we didn't talk about stuff about much, and I think I ... to internalise those doubts, so I, you know, when I was probably fairly un self-conscious on the whole I think I carried around that sort of stuff

I: okay, that's interesting because, because this is as early as 8.

P: oh yeah, I was-I would have generally been un-self-conscious, but because my father was you know, you look at your father and that's erm, sort of a model for you, as an adult man, very stooped back, very, you know, well he was 20 years older than my mum, err so he was elderly, overweight, err, smoking, you know-y'know, and yet intellectually charismatic and very popular with adults but not... in children. So erm, he was an interesting father to have and I don't think-I don't think not talking about it did me any favours, really, to be honest, err at that age... but that's err...

I: did those worries-did that worry ever intensify as you went on, erm, or, did you-did you, kind of let go of that kind of anxiety at some point?

P: hmm, I think that anxiety, dissipated, I think I actually asked somebody eventually, erm, who said, goodness no! Where ever did you get that idea? (Laughs) Which err, which was probably, more of a relief, when I admitted to it at the time. But my personality is such that I tend to worry. You know, I'm a natural worrier, and I carry around unnecessary burdens, I probably still do. In you know, not just related to my body but, you know, doing my PhD, you know you sort of worry it's not going to

be good enough, so I am a natural erm, natural introvert at, you know naturally sort of a shy-ish introvert, I think. And erm, err, yeah, so I carry around.... nonsense!

I: erm, would you say that, ok, so you're-you're-you're kind of say that, you're like a worrier, do you think that ever translated into, into the body as well...worry about your body and when did that...?

P: later on, and I think, adolescence. I found really hard. erm, I-in relation to my body specifically
06:40.00 actually I know I was reasonably bright, I knew I had a lot of friend, you know I've been fairly, I wouldn't say sociable, because I'm actually quite introverted but I've always been-I've found it easier to have friends in the long term, erm, and easy to maintain friendships and so I am quite, socially, I think I'm quite socially well adjusted, I suppose. Umm, but, I think from puberty onwards, I remember a sense of waiting for puberty and a sense of being painfully shy in changing rooms and stuff like that, ooh, cripplingly shy even now I sort of look back and think, uh, god, it was awful. And I've retained the sense of terrible shyness, in fact, my nakedness in that respect...

I: why-why, what-what was it about-was it just a general idea of getting undressed in front of people or was there something about YOU that you didn't want to reveal?

P: I think, yeah, right from. I think, shyness around my genitals.

I: okay

P: erm, erm, yeah, I suppose, and that sense of, erm-another thing about me that I didn't mention before, is that besides my father who died when I was twelve, I grew up in a family of women, so, there was my mum, two sisters, my aunt, two female cousins, my grandmother.

I: wow

P: Now there were some men around, so I had a male cousin, but he was basically absent and in Canada. err I had a-my aunt was married to a man but then he was also absent in Canada, and yknow, my grandmother remarried, she was in South Africa, erm, but I, you know... basically I was in contact just with women, my entire family, as far as contact went was with women, and my mum never really after my dad died, never formed male, she didn't, you know, there wasn't any other men in her life, particularly that I, erm, that I would have had family like contact with. So I grew up in a family that was all women. And so I had nowhere to go as err as an adolescent growing up. And I had no sort of model for adult male behaviour. And that's actually (laughs) you could say stood me in very good stem cz' I've always got on well with women, and, err, you know, it's been fine, I don't have any problem with getting on with men, most of my friends are men too, but erm, in some ways it's been quite positive, but it was quite tough as an adolescent growing up in an entire female environment, and worrying about, sort of, you know, my body, like I guess a lot of adolescents do.

I: but why, that-that is slightly vague to me, why would you worry about your body growing up in...?

P: hmm, I think I just worried, would I develop, normally? When will I start to shave, all those sort of things. You know, when will, adolescence, you know, when will puberty happen?

I: oh so you were actually waiting for it (puberty) to happen?

P: hmm

I: and why were you waiting for it to happen? What's good about puberty, there at that time?

P: I had a sense of, erm, umm, is it happening to me around others? And it can be very hard to see yourself, you know, think I guess, obviously, body image is how one perceives oneself, not necessarily as what it is. And so, I carried around a sense of is puberty happening to me, erm, errrm, yeah, and a sense of uncertainty around that-and also there was nowhere to go, but to ask...that shaving, for example, you know, who would know about shaving a family full of women. So there was a sort of erm-and a family of all women my mum was brought up by her grandmother, so was in a very sort of South African English environment, so it was terribly prudish and, you know my mum isn't prudish but-but it was terribly, an environment where you don't talk about anything... and err...

I: so did you ever at some point, was your body actually changing-did you ever feel you were changing and what was happening-did you ever have that sense of 'oh I don't know what's going on'. Is that-that's the kind of image that is being formed...

P: I didn't have a sense of-it wasn't quite like that, I remember a waiting and then a, erm, and then a sense of, oh yes, puberty has happened and erm, and you're naturally, not particularly hairy or erm, y'know, whatever, so I kind of, so somethings yeah, so as a sense of err, has it happened? Is it happening? What's going on? What's going to happen next? (Laughs) Stuff like that. I can't remember it very, you know, it was a long time ago... you know, that's how I remember it. It's more of a sense of, uncertainty around myself...

I: when did you notice a change, like a-like a noticeable change? We're not talking about you being 8 now, we are talking about your adolescence...

P: 12 to 15 I think

i: Yeah, twelve to fifteen, what does Ben look like, at this-at this point in time?

P: erm, shier.

I: okay

P: less certain of myself. Err, well the other thing happened, my dad died when I was 12.

I: right

P: and I think that had a-I think actually, so there was this earlier anxiety around my back and will I look like my dad when I grow up. But I think, my dad dying when I was 12 had a profound effect on my adolescence, because erm, I was the eldest of three children, and my mum found it very tough, as you know, not surprisingly, erm and she turned to me, and I was also the quite mature I think to

be fair enough, or I was at that age, in that I was the obvious person, I was quite a mature twelve year old in terms of my-not in terms of my, talking to girls or anything like that (laughs)

I: of course

P: but erm but I had to go out fast in terms of taking responsibility, so I became the person my mum- despite herself really- it sounds unfair really because she was doing her best but she turned to me to some extent to talk to about what she should do, in her circumstance, which was understable, god she was going through hell at the time. And my sisters, her various problems and issues, and so erm, I became someone who she would talk to in the evening sometime about what schools-should go to, stuff like that, those sort of things, but in terms of my own adolescence it meant that I could ask less. That I could least, that I could contribute to the family was not making demands, because the family was so stretched.

I: did that...

P: sorry, it isolated me, in-with my concerns and worries. And you know, a child at twelve whose lost their father is going to be full of worries and concerns and you know, random, anxiety. Erm, so I think, some of that became associated perhaps with, you know, adolescence and puberty and stuff like that, just, so, it happens you know, when you're twelve, just when you are entering that phase, erm, I then sort of resolved in myself not to go to my mother for support, because I would be at least that was something I could do...

I: did those responsibilities ever replace, erm, your preoccupation with, the way you look or did that- did that become less important? Erm, as a result of having other things to take care of.

P: No I think-the opposite actually, I think that some of the anxiety from my, that family situation was I had nebulous anxiety from my situation that became to some extent became focused on my body image. you know, so I became more shy, more less likely to talk to girls, more, erm, covering myself up, more weary of situations where I might have to, change, y'know, less-I did less sport I suspect, stuff like that. You know, retreated from all those things where one might be exposed.

I: Let's talk about perceptions. Body perception. So, okay, I've asked you how you looked, but how did you PERCEIVE your body, at this time?

P: you mean twelve to fifteen?

I: did you have, did you even have any perceptions of...?

P: I-hmmm.

I: or was this too early.

P: no, I think, by 15, probably. I can remember strange things like, being self-conscious about parts of my body and not just my genitals but also my bum, and, I don't know if other parts too, not sure.

I: where did that come from?

P: I don't-I can't imagine, y'know (laughs) that was completely random, I don't know where that was from. Err, and I remember-but I remember, it was all part of the covering up thing, y'know sort of not, you know... a part of an embarrassment thing, lack of confidence...

I: maybe it was just something to do with being shy and just everything, you want to...

P: yeah, yeah, partly it was shyness, I was, in fact, going from 15, thinking about a little bit later, that was 16, 17, 18, I became really shy, in fact I-I think it was all stuff that had started with the death of my father really, going through all secondary school really, so I changed school at, err, 16, went to a different school for my, A-levels, and I became really, really shy at that point, because I just had no friends. I didn't have a friend for two years basically, I didn't talk-not only did I not have a friend to ask at home, except from the ones from my previous school that I saw sometimes, I didn't actually talk to anyone during break time at school for two years, I was absolutely-I was very-very shy. Well I'm still shy, I'm still the shy person, I think socially I'm confident, I hate going to conferences and I hate situations where you're, you know you enter a room and there's everyone talking about, I'll go out of my way to avoid those situations.

I: Let's go into your 20s.

P: this is slightly, yes, diverting from body image...

I: no, no no, it's fine, it's fine I mean, without those things, you know, we can't divorce those things, it makes you the person you are and then obviously, you know, how-how-how your body becomes and so on, erm, let's-let's go into your 20s. What does Ben look like in his 20s?

P: hmm, I think err. I was less (pause) I think my body image improved, probably, more relaxed. You know, and while I'm still-would have been shy about, I was thinking about this, I think there's two dimensions, one is sort of, shyness, and then one is what one feels oneself. So I think so for example, my-I think I had more of a positive body image by the time I was you know in my 20s but at the same time, and this is perhaps true to some extent even today, you know, same time it's very umm, very, it doesn't mean I'm not shy, one could have a positive body image but still be very shy about one's body, so I think there's two dimensions...

I: how do you define body image?

P: hmm,

I: because I am trying to see how you... you know

P: so it, erm, god, good question. So it's partly, how one feels about one's body, and how one err, experiences its almost about how oneself and one's body are related to one another.

I: yeah

P: is ones, is feelings about body a positive thing, or a-could be a positive thing, negative thing, erm. And it can be either of different contexts, probably about erm...

I: you're right. I just wanted to make sure that you have an understanding of what it is, and use the term very loosely, not really knowing, so you do know, so I understand what you are trying to say: you were still a very shy person, but you still had-you still had a very positive body image, so you thought good about the way you looked, is that what you are trying to say?

P: reasonably, I mean I wouldn't say I have ever been sure, yeah, I had a-had a reasonably positive body image, but I think, but I'm confident, unconfident, so I would have still avoided changing rooms and you know, I'm sure I avoided doing sports. Erm, but, nevertheless, besides from how other people might have perceived me, I had, within myself, a reasonably positive...

I: okay

P: ... self-image.

I: why, why-why do you think that was? Like, what was your body like for you to feel positive about it?

P: I think it was reasonably fit and reasonably, erm, you know I've never been overweight, I've never, erm, I'm always been quite erm, not necessarily good at sport but being quite able to, so I've always been quite active, so-so y'know, the stuff that I used to do would be running, err would be camping, would be going on long tracks with a rucksack, you know, it's quite physical stuff, I like doing physical stuff erm, and I think my body is quite good at doing physical stuff you know and quite tough, fairly resilient, fairly...

I: is this during your 20s?

P: yeah

I: starting at...20s?

P: yeah and onwards really, it's always been a part of my life since then.

I: Do you think this was fuelled by the want or the desire to look a certain way those different activities that you did, or did- or did that come from just hobbies...?

21:33.08

P: I don't think it was, really err, driven by, hmm, think about that.

I: cz sometimes you...

P: I don't think it was driven by, what it would look like, so it was more driven from within, I enjoyed doing those things, I think.

I: and then inevitably those things made the subtle changes...

P: yeah. And yeah so, there is a bit of a spiral you know if you do loads of active stuff then you're not overweight, and then you feel positive about your body and so on...

I: of course

P: and so there is a little bit... but I don't think it is driven by what will other people, you know, by wanting to have-it wasn't like, you know the classic counter example of the opposite would be someone who goes to the gym because they want to have big muscles because they want people to think, what big muscles they've got. You know it wasn't like that, it was driven from within, I like running and I like, you know going on long tracks, or going on mountains or-and stuff like that, so the activity was driving, the stuff that I was into, would-would drive into a positive spiral of positive, y'know not being overweight, being fairly, fit, being fairly... but I've never, yeah.

I: talk to me about...

P: I think... it is hard to remember, of course, it was twenty years ago, thirty years ago.

I: yeah that is why, I get the participants to bring in the photographs, because I think that might help, you know, you remember 'ooh!' at that point, but that's fine, erm, what I am wanting to ask you is- is, most of the guys that I have interviewed without revealing any details of their interviews...

P: sure

I: ...there's one thing in common amongst all of them, up until now is that, they don't seem to be very much, bothered, about the way that they looked throughout... not-they've reasonably been happy, which is a good thing, but, what I'm trying to get to is, what-what was it about that time that- would you say, you-you-you fall into that?

P: yeah, no, I don't think I, I'm remembering slightly better now, in my twenties, say 20s to 30s. I wouldn't say I did feel happy about my body. I felt that-I think, I remember having this conversation with a friend, cz he had-a friend of mine had a breakdown, and we used to talk about his breakdown...

I: is that a nervous breakdown?

P: Yeah. And he looked back and talked about it being his personality, you know, he was worried about his personality, and that's crazy because you've got a great personality why you worried about it, and then you know, they would say what you worried about and I'd say, I would say my body. And they'd say what's wrong with your body? (Laughs) That's a ridiculous thing... it was quite an interesting sort of ongoing conversation we had for a number of years and we worked together about erm, I would say I had a quite poor body image, actually still.

I: why was that?

P: I did all the active stuff, I still...I don't know, how do I know where that is coming from? You know it hasn't come from a specific negative experience, I think. I think it was probably still erm, I think, maybe even still today you know, I think myself doubt about my body image is-springs from my adolescence and all that period. You know when my, father died, and I was isolated, going through

puberty, and, yeah increasingly shy and increasingly err, yeah, shy and determined not to burden anyone, talk to anyone...

I: help me distinguish...when you mean negative body image do you mean, you weren't happy with the way that your body looked?

P: I think it was-I think that, even if I felt alright about it, I didn't have any expectation that other people would find my body attractive.

I: okay

P: so that is a bit like the two dimensions. You know, so even if I, and yeah, to some extent that is still true today, you know I feel pretty positive about my body, but I don't think other people would necessary agree

I: okay

P: I would have that feeling about my body as reasonably positive, but in that, I can say I'm not overweight, you know I do exercise every day, I you know, I'm (pause) yeah!

I: but when you come to...

P: But I would have no confidence that anybody else would find my body attractive, I would have no sense of that. Despite having no particular negative, you know, I've never had a- you know, girlfriend whose (laughs) destroyed me. Or anything like that, so...

I: that's very interesting because that makes me think that, you know if you were the only person on this planet, all you'd have is a positive body image because you wouldn't care about...

P: (clears throat)

I: like, there wouldn't be anybody else for you to think: 'oh what do they think?' or 'What do THEY think' so I think-that's very interesting cz that's like, usually people who think that other's don't-have a good, usually don't have a good perception of their own body either. You know, not 'usually', I don't know the facts...

P: yes, yes, but, you'd imagine yes.

I: that's very interesting that you do think good of yourself, but you don't-you're not sure whether others

P: but yeah, with no confidence about what others might...yeah no confidence about what others might think.

I: and that-and that probably stems from SOME experience but a different...

(Recording stopped)

(Recording resumed)

I: right so, the fact that we are talking about, you have a good self-perception about your body but...

P: I'm not saying brilliant, you know, but

I: but it was better than

P: it was reasonably healthy, reasonably sort of positive

I: okay. That is so interesting because that is two things to one thing. That's how I am seeing it, like, but anyways if that-that's how it is, I don't think we should try to, unpick that.

P: maybe. yeah, maybe it's complicated.

I: If we go into your... are we still-are we still in your 30s now? Were we talking about your 30s?

P: yeah, erm, more or less.

I: okay

P: leading up to 30 I think.

I: okay let's go to your late 30s, before we jump into your forties, what does Ben look like in his late 30s, has he-you know I'm guessing he's beginning-he's changed since he-he doesn't look like he's eight!

P: no-no-no, ok, so late 30s, where was I in my late 30s?

I: just over ten years ago wasn't it?

P: so yeah, I was increasingly bald

I: okay

P: err, which is annoying (laugh)

I: talk about-talk about that to me...01:05.14

P: okay, erm yeah, I mean, it's kind of it's one of those things that happens, and my dad was very bald, so I knew it was coming, and it's been naturally something that you know my hairline was receding by the time I was 20 and it didn't really bother me particularly, and-and you know, it kind of, it bothers me as a sign of aging, I suppose. You know it's like, hmm, the inevitable. It's sort of, decline is err, is well underway.

I: did it ever go to the point where it really weakened your self-esteem?

P: no I don't think so. I talk about it, I wouldn't say it's really weakened my self-esteem particularly, no-no. You know, it's, yeah, y'know, erm, it's not a big deal or anything err, what else? I perceive my-in many ways, I don't perceive a lot of changes to my body, in the last-between 20 and 40, between 30 and 45, it means perhaps rather less than have taken

place (laughs) maybe because it creeps up on you. Erm, in that, I've always, I've never been, I've always ran a bit, I've always done a bit of exercise and I've always been reasonably, not overweight. And so I don't- I think I've become more relaxed, as I've become y'know less, I mean in my life generally I've become less shy probably. More relaxed with people, more relaxed about myself, more relaxed about my body 02:48.74 in general, erm you know, a sense of...not being so vulnerable to other people's opinions, I suppose.

I: do you have erm, what was I going to ask you there? something about how-where did this, I'm like that little child that's inundating like you know why-why-why-why, trying to get you to the root, erm!

P: yeah, yeah no it's fine. I don't quite know what the root it is so...!

I: I think sometimes you just don't know, erm, but where do you-why-you know like you said you became a bit more relaxed as you-as you grew older with respect to the way...

P: yeah

I: okay. Where did that come from?

P: So I'd say erm, err, a number of ways I think, umm, partly, I've, one of the things that I've been good at in my life is having great friendships, you know, I've got great friends, who've been there for, ten, twenty, thirty, forty years, some of them, and I've had a really-really solid, group of people who I know I can, you know who are around me, I guess. and I think err, and I married and I have a wonderful wife who is completely great, umm, and I think it's just a very unthreatening environment for you know for anyone really, it is a very supportive environment 04: 21.02 and to live the sort of, thirty years in an environment, I suppose yeah, from a-emerging from a teenage period, 12 to-to when I arrived at University really. which was essentially isolated, or increasingly isolated, and I remember arriving at University, going back to 18, thinking 'god I cannot continue like this I have to find friends' and setting about finding friends and, you know, after a year...and I would say since then I've had, aged 20, so 30 years, I've had really great friends and I think err, and you get older and less you know, aged 20, y-you know, you've got to find a partner, you've got to find out where your life is, you've got to find out who you are, you don't know anything about the world, and aged 50 you do. And you know a lot about the world, and you know lots of people who are fantastic, and you've known lots of them for twenty years, and you are yeah, you know, that stability breeds confidence because you have a lot of people around

you who say, who you really respect and who you think are excellent people, who think you're great so, that gives you a sense of 'oh well it can't be that bad then'.

I: do you think, if your father, hadn't passed away at that point, and if you weren't the shy person that you were, I think the narrative would be a little different wouldn't it erm...?

P: yeah

I: I think, the fact that when you are shy, you probably don't let people in on that space

P: no...

I: and I think you are part of that space and your body is part of that space, so-so inevitably that would have, would have not...

P: It wouldn't have done. I think, I mean, so my father was largely absent, not physically absent but absent as a father, and then his dying turned his absence into a...

I: permanent...

P: it was-well not just into a permanent absence, but also into a damaging absence. You know, kind of absent but present father, he was benignly hopeless, really, in all respects really, hopeless in terms of, you know he didn't communicate with us, he didn't really, he couldn't really tell me he loved you I don't think err, he was you know, he was great for adults but he was pathetic as a father. You know, if he was here I would tell him how useless he was, cz he was hopeless, and he was hopeless for my mum too, I mean, you know mum loved him dearly, but, he was sort of intellectual, charismatic intellectual power house who was shit at being a father, basically. So if he hadn't of died it wouldn't have been transformed, but I don't think I would've carried those burdens which I carried into my teenage years, and I think if I hadn't done, I would've been less shy. And I don't think I would have learnt, the shy behaviour that characterises some of the later, you know some of the stuff around 16 to 18.

I: but the good thing is that you could sit here now, and you can talk about it, and you've got an awareness of it, and I-I personally think like, bringing me in for a second, is that I personally think that irrespective of your childhood is, if you've got a good adulthood

P: yes

I... then I don't-me personally, I'm not saying that this is what you're doing, but me personally, I know longer mourn about that anymore because I think to myself, I'm not going to let that affect my now.

P: absolutely

I: and you look perfectly fine

P: and I talk about it and I feel emotional when I talk about it, because I haven't talked about it for you know, god when did I last think about my, you know how, you know, water under a bridge, you know, get on with life. Like you say, I can't carry on, carry this around. umm, the other thing I had to say, I don't know if you were going to come to the most recent period

I: I will, eventually, but it is okay if you want to bring it up...

P: no-no, we can come to it in a second, umm, so I agree with you actually, I think for me, err I think there was some profound damage that happened when my father died that played out six years, until I was 18 and then, actually, from 18 to 19, I had an incredible year, I worked as a volunteer in Kenya, and that, was wonderful (pause) hmm (pause) and although I had a very, I was very-very shy about my body then, I think I also remember a residual still a sense of 'my body is okay, I have a terrible shyness about it, but it's okay', which is what I have now. My body is fine, I like my body, but I am terribly shy about it, which is-is fine (laughs) that's right.

I: it-it is amazing though, I think you are probably underestimating that right now, because if-if that had been the case then, I wouldn't know if you'd talk to me about it, well you are... I think as humans we have a tendency to underestimate things as well, I don't know whether that was what you were doing but, I think-I think-I think you are probably less shier now probably.

P: well, yeah, well this is coming onto the present.

I: okay

P: okay now so I would say, I struggled... and one of the things that I was becoming a father, I felt was, I don't want to pass on this shit about my body image to my kids, you know, how do I not do that? And I've been mulling over it for my own sake anyway for a long time, and I err, was mulling over it with renewed, just a little renewed-you know-it's a boring-after a while these questions about one's own psychology get quite boring you know, because- because you've been in them for so long and you you know...but I don't want to pass it onto my kids, and umm, I'm happy to say that I haven't. God they're both complete exhibitionists (smiles) it's quite funny, erm, partly maybe because their mum's completely relaxed about her body, err, more or less, err anyway, but I don't know, wasn't really spurred by that but, a few years ago, doing this PhD I decided that erm, and I was inspired by one or two things

and one or two people, I thought I'm going to start running more seriously and I had a few years, well, about three years ago, three and a half years ago, I thought right, I'm going to run a marathon, and I trained out and I ran the marathon 10:55.04, yeah I ran, about five. And then I ran an ultra, so I've done a lot of running, basically a year and a half of running, and-which was great for my body image, I lost-you know I wasn't overweight particularly before, but I lost a lot of weight, I put on a lot of muscle, you know and I just felt I could run in, you know, just a fantastic feeling you can go out of the door, wherever you are, and run for three hours, and come home, and get on with your day. And it just felt great you know, so I am still someone who is shy about their body, and I'm still someone who, er, you know wouldn't be confident about my body in-in that-that sort of public extravert way at all, you know I am a shy person and I'm an introverted person, but umm, but that was terrific, you know for my body image, and now, after doing that for a year and a half, I thought, god, you know this has been great what should I do next? And I'd like doing foul running...and I thought I'd do swimming, so now I-it's kind of vaguely thinking maybe I'll do a triathlon, err but my crawl has always been hopeless, I've never really been able to swim crawl, so I spent the last year learning how to swim crawl, and now my crawls, it's not quite there but it's nearly there. And so now I swim or run every day.

I: wow

P: and I also, have recently been thinking oh I should do some sit ups, it will only take me five minutes. I'll feel better if I'm not completely umm, unfit. And even on a day even where I can't swim or run, so I probably actually do it 5 or 6 days a week, and even on the other days...I can spend five minutes doing sit ups. So umm, so I think my-I think that whole experience across the last three years, of doing more exercise has been really positive for-it's been really positive in a lot of ways 12:43._ partly for my body image, my fitness-my body image, I started-one reason to do it was cz it-more exercise really deals with 12:50.63, I'm quite sort of up and down with my mood and it really likes, levels my mood out. Erm, deals with, err, you know, it's been great. So I would say that my body image is better now than ten years ago. Just through doing exercise.

I: okay and is that because that exercise has brought about changes in the way you look?

P: err, changes in the way I look, but also, changes in the way I think, in that, I'm less depressive, you know, if I run-if I-if I run-often now if I have a day where I'm feeling down, you've got to think, oh how I haven't run, that's why I'm feeling-you know. And obviously it

is when you don't want to go running, is when you are feeling down, and if you make yourself go, you know, you will feel-I will feel different after I run for an hour. Ten minutes isn't enough but an hour, you know, the chemicals have changed (laughs) and you're not in the same place when you come back. And I think running is completely done huge amounts to address my slightly depressive nature. Huge amounts, crazily enough, my kids. It's interesting what kids become. They're eleven and thirteen, and err, they've always been fairly sporty, but erm, and I wish actually that I'd-looking back I'd think I could've been quite sporty if I was encouraged in that direction that I wasn't at all. Umm, but umm, but its lovely that they've blossomed in terms of their- I mean maybe they've also set me an example, but erm, so my, older one who's thirteen is just erm, won a sports award at school, and you know, it's not down to me, it's down to him, but, I'm sure that me running every day is part of his environment, he thinks running is normal, and doing sports is normal, and he's been brilliant at it, he's really taken it on. And, I think that although erm (pause) kind of emotional now (looks up, eyes well up)

I: sorry

P: err, I think, erm, that err, the most, I know that you know compared to the example that my father gave me of body image is you know, overweight, stooped, smoking, never did any exercise, at all, ever , erm you know totally zero in terms of anything like that, err I think that my kids have a great body image, and I think they have-as far as I can tell, and they do loads of sport and they're always prancing around the kitchen naked and I always say you know (laughs) you can't age 13 you do need to start putting some clothes on in the kitchen, I'm afraid

(Both laugh)

P: so I think that this, I feel really that's almost the best part of this the whole thing, has been you know...I've handed that onto them, positively.

I: that's good because what usually tends to happen is that, when we are part of a certain experience we tend to not really give anyone else any different...

P: yes

I: you know

P: absolutely

I: Erm, I hate to use the example, but it's almost example of the bully, erm, always being bullied

P: yes

I: but I think erm, in your case it is erm, you didn't let your past make you a bitter person, you let it make you a better person.

P: hopefully. Yeah

I: and then you passed it on in a good way as well, so that's really good. Erm, I know you have probably answered this question, but I am going to ask it anyway, how content are you with your body right now? 16:39.37

Umm, I (pause) let me think about it, I think reasonably. I suppose. You know, it is still on those two sort of axis, in that, I feel. in myself quite positive about it, but I don't necessarily expect positive umm...

I: feedback

P: feedback from others

I: did you ever receive any feedback-that's another thing, did you ever get any feedback with respect to your body at any point in your life?

P: err, I think, oh yeah, well, you know my wife gives me positive feedback about my body, err, my-you know, I don't know how useful feedback is on these things; I'm trying to think...you know, erm, I think marginal bits and pieces

I: anything ever strong enough to, erm, reflect and think 'I need to do something about this'?

P: oh, goodness.

I: ... or carry on doing what I'm doing?

P: erm, anything to make me change my behaviour (long pause). Well I think you know that really...I didn't want to pass on my body image to my kids, and so, and that's something I reflected on for a long time, well, ever since I knew I was going to have kids. I suppose I reflected on... 18:40.81 I didn't want to pass this on to them. so that's not so much feedback as self-err- self-analysis.

I: okay

P: err, I need to do something that breaks out of that cycle, if I can think of what it is erm, if that makes sense.

I: yeah. erm, I-last question, before I wrap this up. I don't know if I should ask this question now, cz I've-I've kind of like made you quite emotional, erm...

P: it's okay-it's okay, I don't mind, I'm quite an emotional person it's fine.

I: erm, but if you had a 17 year old Ben, sitting in front of you

P: hmm

I: what advice would you give that person now? Now that person, even though he is in the past, he's in the present right now, and he's reliving that, he's 17 now, and is there anything, that you would say to him...?

P: (pause) erm, God. About-my experience of going through this, my life in relation to my body image and...what he could learn?

I: yeah

P: okay erm

I: because he's got a change it now, he's 17 and he's NOW.

P: err, so to answers. Erm, you see I think what I lacked at 17 wasn't so much advice, but was, erm, a place to talk. So you know my first inclination is not so much to offer advice but a place for them to talk.

I: okay

P: so that might not be... but you probably wanting what would the advice be even if I wasn't too offer it, if you see what I mean...err so, do you see what I mean, so that would be the first thing is, I probably didn't need advice I probably needed...

I: the opportunity to speak...

P: however yeah, if you know, if-if the question was whatever, something about what would I actually say for my own experience, if I'm actually forced to give advice or...

I: I mean, you know, whatever comes to you...

P: well-well the things that I would say, should they ask me-should they press me, you know if they were actually pressing me for advice I'd say, you know, or what had been good, I would say erm (long pause) the best thing has been-this last bit has been great, doing sport, regularly, and being really fit, and you know, you know running the marathons and- has been great for my body image I think, you know it's been really good, you know, and erm, so I think that is, that experience is what I would pass onto them, it's you know, just be active, I suppose and yet it wasn't you know I didn't... yeah, yeah it was probably that. And, I mean you can't tell people not to be shy, I think but shyness, I think-I think maybe when I was young I used to think of shyness as a-as a neutral-as a something that OK to be if you want to be. And I looking back I think, shyness has been a curse in my life. It has really not helped me, it is really you know, introversion is one thing, and that is fine, I don't have any

problems with being an introvert or extravert, but shyness is err, as a lack of an ability as a lack of confidence, and I-I, erm...

I: It's like fear?

P: yeah it's like a fear, and fear is something you know you don't want you know, err, people who live fearful lives live less, live smaller lives and more constrained lives and sadder lives and I think I regret that I've never really become not shy about my body and in general and I think that its fine to be an introvert and its fine not to be driven by...it's not-it's good, it can be good not to be driven by...less driven by external umm, you know I don't go out of my way to seek external, erm, affirmation. I'm kind of a... what's that word...?

I: not much of an extravert.

P: that's right...and my values tend to be quite sort of...umm, what's the word for internally driven values rather than externally driven values... anyways. So, but I, yeah, 17 year old I would say oh, if- so one is, do exercise, you know, it does, just contributes to your whole mind and feelings about yourself, about being positive, and the other would be, take your-shyness is something you could take in hand and you can address, and don't indulge in it. You know because sometimes when one indulges in one's fears, and let's one's life be controlled by fears I think that's entirely, that part, that fear driven bit is entirely negative, you know, work on it.

I: did you ever erm, did you ever want to walk around with your shirt off?

P: err, good question. Err, I don't much. I do sometimes, sometimes, I would say until 10, pretty rarely actually, and I still would not tend to, but now it would bother me, wouldn't bother me, so much. I would feel less self-conscious now than I would have done.

I: erm, what I think from this interview is that you're someone who had a reasonably good body image, your-your-your self-perceptions 24:58.78 were very, you know, were good, your feelings about your body were-were-were okay. You obviously engaged in certain behaviours which helped that, erm, even if it was a little later-later on. Nevertheless, you-you-you doubted, what others, you weren't sure about what others-whether your feelings were in line with what others thought of you...

P: and I-I'd underline that as well. you know that-that, I really have no sense of that positive...

I: but how did you react-if I have to sorry ask, how did you react to not being sure about what others thought of your body? So like, if you-if you-because there is two things there, if

you think your body is fine, okay, then it's not a problem. You know, you just go ahead with it. But if you think you're fine but others don't think you are fine, who do you listen to? Who influences you more? Your self-perception or what you think others think of you?

P: Well I think, one's own self-perception can be positive but one's very vulnerable to other people's negative...comments. It's a bit like writing a, you know if you are writing a, if you write a short story, or a PhD, at the end of it you think, oh that's so great, and then you think, shall I show it to anybody else? And if, you're a person who is very shy, you think, or maybe I won't, 'cz I think it's great, and I don't need anybody else to me. And if I show it to somebody else they might think it's rubbish, and then I'd be that would contradict, so my sense of positivity is fragile, so fragile that you might not want to reveal it to others.

I: see now I am beginning to get a picture, because before I was like, which out of the two perceptions wins? Now I am thinking, you, you've got a positive body image, you don't want to reveal it because you don't want anyone to do-say, do something or say something, not do something, say something which may-which may...

P: damage it

I: damage it, and maybe that's-that's one of the reasons why you kept yourself, and maybe that's one of the reasons why you were shy.

P: err yeah, I think that is right, there's something else to say on that, although. god I'm talking about myself far too much

I: that's fine

P: I'm guessing that is why I am here for, umm, and that is something about me that happened when I was twelve. I think I decided when I was 12, that, I think-I think a number of things happened-at that stage you're forming your values, and you, err, make some decisions about how you are going to navigate the world, I think, it's just that age where things come into focus more, and I think, at that age, err, my-so my mum's South African, and I've been quite struck by, or she is South African, she's British now, err, but I've been quite struck by, you know, all stuff...and yet you spoke to my grandmother who was also South African and it would be like, well it would be completely different. And erm, this sounds like a digression but it's not, it's relevant to what you are saying, erm, and I was also struck by things like erm, err, the er, how the Germans behaved towards the Jews in the second world war, and their ability to go on with the crowd, and how most German's, not monsters, you know, that, all it takes is-is these people to be coerced into doing things that

they would not otherwise do for terrible things to happen, so I would say, from 12 to 18 I was formulating these ideas, and I think, it was in the context of being in a family where I couldn't take my-my own needs into the family cz then family was awash with people with needs, and so my needs were ones that I needed to sort out, and my moral compass then was also one that I saw, you know 29:47.59 actually if the Germans in the second world war had behaved with their own moral compass instead of relying on other peoples', the war wouldn't have happened, because those people were normal people, they weren't crazy monsters. 30:00.02 erm, so I formed a very strong sense of my moral compass is what- my judgements are what will form my basis for action and thought, not, and I strive against the sense of holding other people's views as central. But I think that, what you, I haven't realised before is that that's also what I did with-it's almost related with what you said about body image is that, I'm deciding what my body image is, but it is a very fragile thing, I think, I don't know why, I have quite strong moral views that aren't so fragile, and I've got quite strong...

I: but that's human beings, we aren't one type, we make contradictions, we've got strengths, we've got weaknesses

P: it's contradictory. But we, one of things, there's a weakness that we have, and that is that we follow each other rather than- you know it is like there's, what's that experiment, you know you have someone behind the screen and you are told to sort of...

I: oh that Milgram...

P: that's right. You know it's all the same stuff, is if you don't have your own firm moral, your own firm sense of the world, you allow others to influence you and how you must not, allow others to influence you. And so, it just has a little bit of resonance in relation to- so all those lessons were really strong for me, because I was, isolated in my family, in my adolescence and it was particularly around when one forms one's own views and one doesn't rely on views of other people, and that sort of body image stuff (sighs) I've never managed-I suppose-I've never managed to have a strong view, but was robust against views of other people, err, I don't know what I'm saying, there's something in there about erm, I went through that stage without the external support

I: okay

P: and without looking for external support...really couldn't ask for it, and there wasn't any- it was a female environment, anywhere to go for external support around being male

I: okay

P: and I've think I've always struggled with-with that. And actually I think, my maleness is something that-I've never, been comfortable with, I hate-I hate going to football matches, where all the men are going 'rah-rah!' you know 'well done, Tomy', ergh. Crickets worse, its almost sort of male ritual umm, without any physical input, it's just walking around, male ritual. Erm, and I-so anyway, so maleness and male stuff, I never learnt, I never feel I learnt it, and I find male locker room environment hostile and frightening, I still do, I-I hate that sort of environment with the male sort of... that stuff. Anyways, this is a complete tangent. I will stop. Actually stop.

I: it's good, it's good because it brings everything into context, like obviously, like I said probably if you remember a little earlier on in this interview that it's good to know everything because when you look at everything then you can almost come up with your-we can come up with the interpretation can't you that this person maybe feeling this way because of these things that were happening on in his life and it's you know...

P: yeah

I: you know, it's all inextricably linked and erm, thank you very much for your time.

P: that's okay. Sorry for...

I: no-no-no-no I was actually going to ask whether there was anything else that you'd like to add.

P: no, no no no, I've said far too much

(Both laugh)

APPENDIX A.7.9.2. DEREK'S INTERVIEW TRANSCRIPT

Derek's Interview Transcript

(Recording resumes)

I: Right, okay, recording this again, so erm, yeah, you have the right to withdraw at any point of the study, and you're not obliged to answer any questions which you find uncomfortable, erm, so if you're happy shall we start? Do you have any questions before we start?

P: no-no...so you reckon this'll be between 20 minutes, half an hour or so yeah? (Listen back to the recording)

I: yeah-yeah of course, yeah. So tell me a bit about yourself?

P: erm, well you know my name erm. I'm born in Dublin, erm, 1959. erm, I've lived in the United Kingdom for, since 1989. And I'm married to, my wife's name is Fiona, I've got three kids. One in University, one just come back from a year staying in Brazil, and I've got a child that's just got into secondary school. So I work in err, I've worked in Heathrow for 15 years...a station manager, then I worked in erm, I worked for Royal Mail, I retired out of Royal Mail about six years ago, and now I work for South Eastern rail up in London

I: wow. Erm, take me back to when you were, 8. What was...sorry what was your name again? What-what-what would you like to be called? Because I have to give you a fake name.

P: use my real name it is fine, it is [name blinded. The participant will be referred to as Derek]

I: ok so what does Derek look like when he was 8?

P: erm, very err freckled, a lot of freckles erm, probably quite a bit err chubby I would say and err average height, nothing special you know, only, the sort of child only a mother can love.

(Laughter)

I: And, but-but, how did you feel about that, but-would you say that you had an awareness of your own body at that age?

P: no, not at all, I didn't-I didn't even think about it at all I think

I: so having freckles, being average like you describe yourself wouldn't have been problematic to Derek at the age of 8?

P: no, I don't think I was even bothered about it.

I: when, did it ever-was it-was it ever an issue at any point after that?

P: no, no I mean, I don't think-I think back in those days, we are talking about the 60s, I don't think people's body image was as-as big a deal as it tends to be now because we weren't exposed to this sort of media that we are now, you know we went to the cinema once in a blue moon, we didn't watch telly, we-you know we didn't have access to the sort of images that we have now so I don't think kids that age in the 1960s, at 8 years of age were too influenced, now slightly older kids may have been because they would have been err, sporting and-erm pop icons, sor-sort of aspire to be but at 8 years of age all I wanted to be was action man, you know, I wasn't really worried about how I looked I mean, other kids weren't either.

I: so, you say, that's interesting because you say you wanted to be action man, but, did you want to be action man because of his skill? Or did you want to be action man because of his-the way he looked because action, I'm guessing action man, action figures were quite muscular...

P: yeah, no I mean, myself and my friends played with these, they were like, toys you know, and I didn't really, I mean of course we knew that he was a-err, typically he would've probably been a British marine type soldier, but I wouldn't, have been you know his physique would've been somewhere at the back of my mind, his skills would've been far more important, what he was able to do and-those days it was still the second world war was still very much still in people's minds even though it was twenty years after, it was all about fighting the Germans...it wasn't really the look or shape of the person it was more what he or she, mostly in those days, were able to do, so yeah, the body part wouldn't really-I wouldn't have thought about you know...

I: okay. Erm, right so, take me a few years forward. So now, let's say you are 15. Okay so, does Derek look different to when he was 8?

P: yeah I would've been a lot slimmer and a lot, emm, probably a lot more aware of how I look because at that age erm, I-I was quite sporty when I was young, you know I did a lot of gymnastics and football and things err, at 15 years of age, I would've been conscious of how I look because of, you know, err, relationships with girls and my male friends loved erm, err, yeah clothes and body image was-was important, was very important by the time I was 15, yeah.

I: okay, so-so one of the things that you've just said erm, is that uyou know, relationships or girls, so-so, so your concerns about the way you looked stemmed from possibly attracting a mate and-and- and things like that, that-that's the reason why-you also mentioned sports there didn't you? That's when you became very-so why would-could you elaborate just slightly on-on those...

P: yeah well no I mean, probably from the time that I was about ten or eleven, I was very interested in football, I played a lot of sports in school, err I played Gallick sports, which are Irish sports, and I'd play soccer and err handball, I did gymnastics so, there was always, you know I'd cycle, so I was always quite active when I was that age. By the time I was 15 actually when I think about it, I was probably coming to the end of my erm being so active and being interested in sport, by 15 I was more interested in social things, you know, like I said attracting-going out on dances going out to meet friends, going out with girls, erm, so my sporting activities were probably not as prolific at 15 as they would've been at 11-12, I was still doing sports but not-not as enthusiastically as I was doing other things you know

I: okay, so erm, right okay, so, I was going to ask you something there but it's just gone over my head, erm, let's go forward until it comes back to me! Erm, okay why did you play sports? What-what was the reason behind playing sports? Was it-was it with the intention to look a certain way, or was it just to have a bit of fun, what was the-what was the drive behind playing sports?

P: the drive was to be good at sports, I mean the school I went to was very-very sports orientated. Erm, my peer group where I lived were all-it was around, you've got to remember this around about

19-it was post 1966, England had won the world cup, although I am Irish and the relationship between Ireland and Britain in the 60s wasn't-wasn't quite as bad as when the ... came in, kids up in Ireland aspired to be British soccer stars you know, you know a bit like kids now want to play for Chelsea and all the rest of it, when I was a kid we all wanted to play for you know, whichever was the big team of the day, again, it was more about the-the team part of it rather than, my conscious, wanting to look better. I really didn't have an image thing, you know, 15 yeah I started to think about how I looked in terms of 15 year old kids are spotty, they don't want to have spots, they want to look good, they want to-not necessarily be Charles Atlas or anything like that, but you didn't want to be overweight you didn't want to be err too spotty, you wanted to look reasonably good, but my playing football was as I say was largely driven by my-the teachers at my school, influenced that a lot. And the kids that were playing on my road, I mean there were hundreds of kids where I lived, I grew up in a very busy housing estate...sort of working class area, north Dublin, and everybody played football, so that's why I played it because everyone used to play it and if you didn't played football then there was something wrong with you, I-I didn't object to it because I liked it, but I know they were kids who played football because they had to not because they particularly liked it you know, so it was a peer thing, it is what my peer group did.

I: you know you mentioned, I'm taking it back there because I just remembered, you mentioned one of the things about the girls, erm, and you know how you start thinking about your image and you don't want to be this way, you don't want to be that way, at-at the age of 15, what were the perceptions that you had about your body? You know, how did you actually perceive your body? Were you happy? What were your perceptions about your body at 15?

P: Erm, yeah I think I was reasonably happy with it you know I probably wasn't the-the tallest guy in school or-or the best looking guy in the school, I was popular! Err I was involved in a lot of things so, I think both girls and boys liked me, you know, equally, so my body was-I was in okay shape, I was pretty good, I was fit, erm I was fairly happy with the way I was, you know, at that point.

I: okay

P: so my image of my own body would've been a positive one.

I: would you say that at that age other than playing sports you ever deliberately engaged in any body changing strategies? So did you ever think I should do some weightlifting, or I should do something else, did you ever do anything, did it ever happen?

P: no I think, later on, yeah. not at 15 no, probably in my 20s maybe, started to think maybe I should go and do some weight lifting, but not at 15, definitely not at 15.

I: let's take a quick leap to your 20s then, what does Derek look like in his 20s?

P: probably got more weight on, then I did when I was fifteen, and I think because by the time I was probably 17-18 I discovered the joys of beer, and erm, you know I don't think erm, I stopped playing a lot of sport by the time I was 19-20, by the time I was that age I was socialising a lot more, erm discovering new foods, like indian food was the sort of new thing in Dublin in the 19-early 70s so, you know so I ate quite a lot of good food-well bad food, depends the way you wana look at it! By the time I was in my early 20s, although I was in reasonable shape 'cause I still cycled a lot, I was probably putting on a bit of weight and thinking, I need to do something about this. So, 20-21, although I wasn't overweight, I think I was conscious of the fact that I would be if I didn't start to do something about it so...and so I did train a bit...

I: and what is wrong with being overweight or what did you-why were you concerned with putting on weight? What-what's wrong with being what you were afraid of being, if that makes sense.

P: emm, I just didn't like the fact that I, you know, if I didn't want to like become...overweight, I wanted to be, I wanted to enjoy beer and food and everything else, but I didn't want it to effect too much how I looked you know, I was-the older I got the more conscious of how I should look you know, or the perception of how I should look, so, I didn't want to be, someone who would just put on loads of weight and didn't care...I had plenty of friends who did that, a lot of people of my age did go down that road and became quite overweight and did actually do nothing about it so, I didn't want to be like that so...I never really, I never became that overweight, sometimes like most men I'd

struggle, sometimes put on a little bit of weight, do a bit of work and get it off again, so I managed to maintain fairly good weight over-over my life...

I: how did you maintain that...so you are saying other friends didn't, but you-I'm kind of getting implicitly, that you did do something about it...

P: yeah no I watched myself... I mean even though I used to eat, smoke, drink, all of those things, but I always looked you know-I may not have played as much football anymore but I cycled a lot, I walked a lot, you know, I-I always maintained a pretty healthy lifestyle, even when I was doing unhealthy things. I managed to balance it by you know, if I was smoking, and drinking and anything else, you know I was always doing something that I knew-I may not have been as conscious about it as I am now, but I was always in the background doing something trying to counteract that in a way...I've never really thought about it you know, until you asked about it, it's not something I have given a great deal of thought to...

I: okay, so, erm, you become-your concerns about your physical appearance intensify as you go in your 20s, but you are still doing something about it, I'm guessing your feelings are probably not so, you're not feeling so bad, err, because you are doing something about it, and you are bringing it back to-so you are balancing it out so-was there-take me into your late 20s, early 30s. Does Derek look pretty much the same? Or is he changing more?

P: no throughout my 20s I've sort of maintained constant- I didn't put on a lot of weight, I didn't lose a lot weight, I was probably- I could be a ... I was healthy weight, emm, when I came to-I came to this country when I was 29, 29-30, and then I met my, my wife, round about the time you know the lady I married, I met her in the UK she's also Irish, I met her here, I think, when I-when we-when I got to my 30s she's a good few years younger than me, emm, I think when we moved in together, when we started to cohabit, we got very bad eating habits, you know and I put on quite a bit of weight in my thirties, sort of, mid, mid-30s I was probably-probably my heaviest than I ever was you know, so I think we both...when we both look back at it now, we put on a lot of weight, when we moved in together you know.

I: so how did you...sorry no carry on

P: no I was just saying then we had kids, and once you have kids, it's very-it's harder to find the time to do those things, to counteract it, to go out and exercise and plus, I had to work a lot more hours, was working harder, working longer hours I had less time to myself, it's all about, you know providing for the family so I wasn't too bothered about you know, if I couldn't go out and go to the gym or play football it was just a consequence of having to mine kids or work much longer hours to provide so, I think, physically we both, erm, suffered as a result of that you know, my thirties would have been my wife's twenties, so throughout my 30s, erm, I'm probably into my early 40s, I was probably overweight I imagine most of the time as I look back at pictures now I was probably my heaviest in those...early 30s to early 40, that sort of ten year period when I was, my body image was sort of, went out of the window. Although I was aware of it but I couldn't do anything about it. I didn't feel I could do anything about it...you know

I: so I think, that your body was still there, but the fact that you had other priorities which took precedence and, you know-because you were your heaviest at that time when you did have time to think about your body, what were those thoughts?

P: right, well, I was-I didn't like it very much, you know, I wasn't happy the way I looked. And I know my wife wasn't happy with the way she looked, we weren't-we weren't happy with it, and I think by then, emm, you know, although sort of, in my thirties we wouldn't have had internet as much as we have now, or we wouldn't have had Facebook or social media, but you know, glossy magazines, people-people were shoved in your face that looked lean and mean, and we were becoming more influenced by that and it made me feel worse about myself. Feeling, that you know, we must all look this way and I don't look anything like that, so I didn't like that very much you know.

I: okay, erm so we have kind of covered the 30s and 40s there, erm, did-I'm just going to take a leap back and then come right back forward again. When we talk about family now, erm, when you were younger, if you don't mind, talk to me about who was in your family, who comprised that?

P: yeah I had, well my mum and dad, I had another-older brother, and a younger sister. Emm, and my parents were not very-I mean they were healthy, apart from the fact that my dad smoked, but they-they didn't drink, they led very clean...very catholic upbringing, very strict catholic values, erm, but neither of them are, sporty in anyway, neither my brother nor my sister were particularly sport orientated. My brother was very ill when he was young so he was, err, very academic, he spent most of his time with his head buried in his books and became very successful as a result of that, and my sister was quite academic as well, so-I was more outdoors type person in my family, I was the one who was always outdoors and them two were always indoors, so, it was a very close family unit, there was a four year gap between each of us, my brother is four years older than me, my sister is four years younger than me...so yeah it was a good-my father worked very hard you know, my father would work very long hours erm, in those days it was very unusual for women to work but my mother did work when we got older, when it was acceptable for women to go back into the workplace then, so both my parents worked, they provided-you know, we had private school education, you know my father worked very hard to provide that...my brother went to university he did very well, so, we came from err, our background was, you know you've got to work hard to achieve anything in life, and you've got to have faith so, we had a very strong faith, erm, we went to a very good school emm, in the city, and you know, I-we-we weren't rebellious kids, we were quite, I suppose, other families were probably quite you know we weren't that exciting or anything, we were quite, you know, we played by the rules sort of thing. We didn't cause trouble in the neighbourhood or anything like that. I believe 'cause I thought my father goes to work very early in the morning I might not see him and all that day, you know I knew what he-what he was doing for me, I was always aware that my father was making big sacrifices for me so, you know, those values have come through to me as well, so...

I: were there any rules or values with regards to the way you had to look...coming from your parents?

P: no, no, no erm, my parents are very,, they didn't-they weren't bother about they didn't go out they didn't dress up, we weren't, erm, I mean my mother was always a very slim, was always very-I don't think she was-she never struggled with her weight, she was-she was conscious of her weight erm, she never projected anything about body image to us, it wasn't that important to her, she didn't wear makeup you know, she was quite plain. My father, was quite a short man, and, you know, slim, you know, I think he had periods like, he-he got bigger, he got smaller, he never did any exercise so...but I think when they were young, they led very healthy lifestyles as well, so, yeah.

I: I find it very interesting that you and your wife, the dialogue between yourself-or the-the awareness that you have 'oh we are putting on weight'-'Oh we aren't really happy with the way we look'-so I am guessing did you guys have-erm, did you guys give each other feedback, at any point like, you know 'I think you should...' I don't know, was there any sort of that within your dialogue?

P: diet...?

I: dialogue...sorry dialogue...you know when you are speaking to each other.

P: no I can't remember having conversations like that with my siblings or my parents, we didn't, it's not something we spoke about at all.

I: okay

P: not that I can remember, not something that: 'oh if you do that you'll become healthy'. That's not something that springs to my mind at all, we've not really had those sort of conversations, I didn't really feel under any pressure, from my family. I may well have had some err pressure from my peer group. But certainly not within my family.

I: I've only got like three more questions, I know we are racing for time now, but erm, you said I have had pressures from my peer group, I'd like to, I'm-I'm interested in what-what those may be. What kind of pressures, what peer group?

P: erm, I don't know, I just think you know, when you've got a bunch of teenagers hanging about, you know, when there is 20-30 of you in a group, erm, there's always some of them that look better...they may have not actually said you know 'you've got to look like me' but there was always

that, that person there, Joe Bloggs looks really good, you know you put that pressure on yourself so it wasn't peer pressure, it was actually-that was not a very accurate description because it is me putting pressure on myself to look like another person rather than that person saying well you should look like me, you know.

I: so it is a comparison?

P: It is about my own conscious image, you know.

I: So there were ideals within your group and you were comparing yourself to those ideals and you are...

P: yeah, yeah I think so yeah. Because you-you-you want to be as good as the best guy, you don't want to be like that guy who is left behind every time, that nobody wants to pick on for their football group team. You want to be the guy that everyone picks, you know.

I: oh so you are saying that the way you look determined-had a link with whether or not you could join a specific football team do you think?

P: yeah, well I mean not for a football team, but to go out, we used to go into the city you know to socialise and things like that, but you wanted to fit in with people like that, you know, most teenagers even now, they wana look like-they want...you know what I mean. Teenagers are teenagers, you know, if you go back to any era and you'll find people will want to be in the, coolest group or whatever it may be, you know we all want to be in the popular group.

I: what did this Joe blogs, or whatever his name was look like then? What-what did he look like, was he...?

P: well, I guess, I'm not very tall, probably taller than me, there's not much I can do with my height, but err, this person doesn't exist, I using this as a typical example of somebody I would've hung around at that time, err, probably like I said taller than me, erm, but, his-his look was one thing but I think his, having- the sort of confidence a person has that goes with that, is what we want, I may not ever be able to look like this person, but you know some people have a sort of evangelical presence,

they're quite enthusiastic, they are quite influential. So, it's not so much about how they look, its how they are...

I: okay

P: everybody wants that kind of self-confidence. I guess, maybe I wasn't as self-confident, as the people that I would have chosen, as my friends, I would have liked to be as self-confident as them, I am now! But in those days I think I struggled with self-confidence, and I don't think it wasn't with-it wasn't to do anything with me physical, erm, state, it was more to do with my mental state.

I: okay

P: so, I haven't got a negative body image now, even now, in my forties, when I really thought I was overweight, err I did have a negative body image then, but, I've always managed to overcome that, by, you know, weight gain can be turned into weight loss, you can get rid of weight, but it is very difficult to maintain self-confidence you know...my body image is probably better, I cope better with that then, the mental side of things so.

I: how, how, why-how did it become better so, let's actually come towards your present now? You covered most of your life, well until now, however old you are, we've covered 8-teens-twenties-thirties-forties, so 30s to 40s was the most-the period where you were the most like you said, overweight or your heaviest. At which point did it go from negative body image to contentment or overcoming that negative body image?

P: erm, I'm not sure, like there were times when you know, 30s to 40s, I'd think, erm, by the time I was in my, sort of mid 40s, our kids were-we, our family was established. Erm, we had overcome the early years of-of child rearing, erm, and, I think then, I mean my wife has quite a big weight problem, and I think, err, mine wasn't quite as pronounced as hers. She dealt with her problem and lost a lot of weight, and I did the same- I followed the same program that she did, and I lost a lot of weight, then we both started to do things again, those years as I said, we couldn't-I couldn't do a lot of exercise nor could she, we then started to get some time back for ourselves. I started playing football again, we both started...

I: in the mid-40s is this?

P: yeah I started playing football in my, probably about 46. I started football again y'know. And I carried on doing that up until three years ago, 'cause my knees just couldn't take it anymore. But, we are both quite-I mean I go to the gym quite a lot now, still, erm cycle...my wife cycles in and out of London everyday, erm, she does running in the morning, so our lifestyle now...I am back probably at the level of fitness that I was when I was in my late teens...

I: wow

P: you know, mid to late teens, where I was at my peak. I'm fitter now-the sort of gap, my early years I was fit and healthy, the bit in between because of child rearing and-and you know, circumstances I became quite unhealthy and now that our kids are growing older and sort of leaving us, I'm back to the, we've got time to look after our own well-being, so the bit in between I know that's 8 years out of our lives, certainly there comes a 20 year space in your life where I think I don't have five minutes to do anything that I want to do, it's all about what other people need from me, and you do neglect yourself and then, you get the time back later on in life, like you know, I am 56 now I-I feel probably as healthy now as I did when I was 17.

I: I think you've answered the last question I was going to ask you how content would you say you are with the way that you appear now, or, you know so, is there anything that you'd like to add to that?

P: yeah, I'd like to probably lose about another seven pounds (laughs) I would like to lose a little bit more weight, you know but, I don't think I'm overweight. I'm probably within my, you know, permitted weight scale if you like I'm not-I'm not overweight, I'm not as ... as I'd like to be, I'd like to lose a couple of more pounds, I'm not too worried about, I'm comfortable with my weight you know

I: okay. And is that to do with-is that because of body functionality or is that because of body appearance-why-why would you want to lose that seven pounds now?

P: erm, I just-there's a little bit that I am uncomfortable with (now) I'd like to lose a little bit of weight around my stomach for instance. Rest of me I'm okay with you know. It is probably more about appearance than anything else

I: okay

P: you know. I don't really need to, but I would like to. If I don't ever do it, it won't be the end of the world but appearances sake, I would like to look a bit better you know.

I: one last thing. If you had a younger version of you sitting in front of you, so let's say like a 23 year old, actually no, yeah around a 25 year old Derek in front of you, is there anything that you'd like to say to that Derek.

P: yeah don't (laughs) always maintain, you know, quite a strict regime of looking after yourself because the sooner you start- but that's when you start to suffer you know, so you've got to make time, I mean we both could've made more time and effort to look after ourselves through those years where you know I think it was more, we became quite lazy in a way you know, we use our kids as an excuse, like today, for not doing things, I think if I was 23, looking at myself, at my 23 year old self today, don't make excuses, just carry on, looking after yourself, because nobody else will you know.

I: thank you so much, erm Derek, I respect the fact that-that you've got limited time but in this limited time I think you've given me so much, erm, that is so interesting, erm, is there anything else that you'd like to add? Erm, or-or that you'd like to say, any questions that you have regarding this.

P: no-no.

I: thank you very-very much.

P: if you need to ask me anything again Malik, there's no problem, just give me a buzz no problem.

APPENDIX A. 7.9.3. JIM'S INTERVIEW TRANSCRIPT

Jim's interview Transcript

I: So, I am just going to read out a little brief, erm, it is just a standard one so, thank you for taking part in this study. You are part of this study because you meet the selection criteria are male and aged between 50 and 60?

P: yeah, 52.

I: The purpose of this interview is to gain insights into the way you, erm, as a man have perceived, felt and behaved with respect to your body at various points in your life, up until this point. Erm, I would like to let you know that the interview will be recorded, it will be transcribed, analysed and potentially incorporated within the final report, erm, anonymously. Erm, you have a right to withdraw from the interview during any point, and you are not obliged to answer questions erm, which you find uncomfortable. So, if you are happy, shall we start with the interview?

P: yeah, sure.

I: okay, tell me a bit more about yourself.

P: err, in what respect?

I: who is...? Erm, actually lets-lets come up with a fictitious name. What would you like to be called?

P: I'm quite happy to stick with me own name, [] would be probably easier. Is that-is that a problem to you?

I: Erm, it-it-it's unethical for me to use your-I can't use your real name but we'll come up with something-we'll come up with something...

P: Jim

I: Jim! For now. So, tell me a bit more about Jim.

P: Erm, I'm 52 years old, I am a senior lecturer here at [] I teach erm on [] programs. Erm, my specialist areas are addictions and social policy, erm, in terms of fitness, my body and health and all that kind of thing, erm, I've completed 8 marathons...

I: wow

P: several triathlons. Taken part in many-many-many running races, erm. And erm, a couple of cycle race events, err, kind of thing. So erm, generally throughout my life I've maintained quite a level of fitness, erm, played football ever since I left school, never not played football. Erm, used to play basketball in Manchester leagues. Even at my height, erm, so yeah. That's me.

I: okay, let me take you back to when you were 8. Let's take you back to- what does Jim look like? If you can remember, at that age.

P: cute

(Both laugh loudly)

I: define cute

P: yeah erm, just a-yeah, fit, healthy 8 year old, yeah, lively. Very bouncy, yeah...

I: when you mean healthy what do you mean by healthy?

P: erm, I suppose I think of body image, I suppose I think of that and I think, yeah, not overweight at all.

I: okay

P: not at all. Just, normal, size. 8 year old boy.

I: and would you say that at that age you had any awareness of the way you looked?

P: not really, no. Not at 8

I: when DID you become aware of your body?

P: my body? (Pause for thought) probably, dno, probably high school maybe.

I: okay

P: yeah maybe, erm, maybe my teens.

I: right

P: yeah

I: and-and-and, did it just occur to you one morning when you woke up and 'ooh, is this my body' or-or-or what contributes to-what makes you-how did you...?

P: well in terms of bodily awareness I suppose there are different things aren't they? I mean, you can think of your sexual development, that was suppose for me I was like any young boy developing sexually, erm, and at adolescence I don't think I was any different to any other adolescent, made particular discoveries about functions of your body and that kind of thing. Erm, in terms of just general fitness and shape of body and that kind of thing, I can't remember actually remember it being a massive issue to be-during my school years I don't-I don't remember it being that much of an issue. What was more of an issue for me was that I've got a big nose and I used to get, erm, err I used to get you know, jives about that...school...so that was problematic to me. Also, I am a second generation immigrant, I'm not a white person, and as such erm, I used to get the racial slurs and that kind of thing...

I: okay

P: so I was conscious of that, but, to be quite honest it-they-they didn't bother me.

I: right

P: because of the sort of names people used to call me...I used to just to think 'oh sod off'. You know what I mean. If you are going to going to try and insult me do it properly but, otherwise don't bother so it never used to bother me to be quite honest.

I: okay

P: erm, yeah.

I: so, so, now we're-okay, so let's talk about-let's talk about sports so, just very briefly, erm because I want to stay focused on the body as well

P: uh-huh

I: but I do realise that sport, you know inevitably would bring changes, to your body in most cases.

You know you would by playing sports you're staying active and that in turn is-is-is having an

influence-an impact on-on your body shape and your body weight, erm, what did you look like during your adolescence? Ok no, that-that's a bit broad, ok let's say, what did you look like when you were 15.

P: 15...erm, yeah again, slim, fit quite healthy

I: how early did you start playing sports?

P: I played sports from school years, I mean, I played sports from-from being a child really because what you know, I know it's a cliché, but we really didn't have computer games...

I: right

P: in the 60s, and 70's early 70s, you know we really-television, we had three television channels and they went off during the day, you didn't have 24 hour television all that kind of thing, so like I said it is cliché, but that-we did used to walk to the park and play football all day and run around all day, ride our bikes all day, and then come home in the evening.

I: so I am guessing the people, that you say 'we' used to, so I am guessing there's more people in this circle.

P: yeah, friends.

I: so let's talk about them, so. So, so I am guessing they were similar with respect to the kinds of activities that they used to do and...so, was there anyone ever, did you-did you ever... okay I don't wish to impose anything. Erm, this is so-this is so...(sighs) sorry, I'm just going to take a moment.

P: that's fine

I: erm, let's take a leap. Let's go forward and then we'll come back if we need to

P: okay

I: let's-let's go into your 20s.

P: yeah

I: okay. What does Jim look like in his 20s?

P: so, in-in my early 20s. Erm, I was still quite fit, quite healthy, quite slim. But now moving through erm, I had a manual job, I was a builder by trade from-from leaving school, so I had a manual job, so I

was always quite fit in that respect. Erm, but I think, going towards my later 20s, erm, yeah, my later 20s, I started to-to put on a little bit of weight. Started to get a big gut, this kind of thing...

I: when was this? In your late 20s?

P: yeah, probably mid to late 20s probably yeah.

I: how did your-did your perceptions change as your body changed? Or was it still not that much of an issue 'cause...

P: no it did become an issue, it was an issue, and it has been ever since. Got to be honest it has been ever since. I-I err like my food, and erm, if I overeat, which I am prone to do sometimes, erm, I do put on weight. I can put on weight quite quickly. I can get, I can get a gut, I get you know, and erm, that's problematic for me because I don't feel as good about meself, clothes don't fit as I would want them, t-shirts are tighter that kind of thing, erm, and I like-like to try and look-I don't like to look chubby and big, sometimes my face-my face would go a bit rounder. That kind of thing. I try to make, you know... try to keep it slimmer, that kind of stuff so, I do-I do toil a lot actually, it's a lot of hard work, erm, for me. And I do a lot of running , cycling, sometimes do a program of exercise DVDs that kind of thing, just to-just to maintain my weight and that, and my fitness as well, not just about weight, it is about feeling fit as well and feeling healthy...

I: functionality as well not just appearance

P: yeah, functionality as well, that's a good way of putting it. Erm, and I also in the past have done weight watchers but not actually attending the groups, but we just had all the literature at home 'cause my wife used to do, you know did it years ago. So we just had all the stuff at home so I followed that program. Erm, while I was trining for the marathon actually

I: okay

P: and then, more recently I've used a telephone app.

I: okay

P: my fitness pal

I: right

P: to sort of...

I: what does that do?

P: tracks what you eat basically you-you-you enter it into your phone...let's say I did it, I-I set it up to lose a pound a week, in weight. So if you to lose a pound a week it says each day you need to consume like 1,650 calories I think it was, something like that. And if you consume 1000, if your balance is 1,650 calories-so what it does is, if you do any exercise you enter...gives you those calories so, so if you run for three hundred calories if you like you can have food for three hundred calories.

I: is it like counting your steps and things like that?

P: yeah-well! You just enter the exercise that you do basically so, you can link it to some of these, fitness apps like...that kind of thing. Errr...

I: but why was it...sorry, carry on

P: and I found both weight watchers and this 'my fitness pal' app really useful because they're not, faddy. What they are-that the ways of monitoring your diet by eating just normal food. So with both of those ways of doing it, if you want a mars bar, go and eat a mars bar, it just means you, probably have a smaller tea.

I: oh I get it

P: or go and do a bit of exercise or something like that you know what I mean. So it's not one of these things where you only eat red meats, or it's not-it's not like this five-two thing that people are doing where they eat what they want for five days and then for two days they starve themselves by only have 500 calories. 13:01.41 To me though it's not enough, cutting out carbs, that kind of thing, 'cause I think, for me all those things seem quite faddy, and I always think well what happens to when you just go back to eating normally, it'll all just go back on again. What-what works for me is trying to train myself to eat less food, consume fewer calories throughout the day. I'm just getting used to that...

I: so...

P: that's about shape-that's about body shape, the reason I do those.

I: but why-why would it be an issue or a problem if you did put on weight? Why was it an issue? So you are in your late 20s and you are saying, it is a problem, I don't like it. Why don't you like it?

P: err, what me wife doesn't like it.

I: why wouldn't-why wouldn't she like it? Do you know why she doesn't like it?

P: yeah because it-I think it's all this it's all this association with being big, strain on your heart all those kinds of things. We did have a massive err, conversation actually about it, couple of years ago?

I: right

P: yeah just after I was fifty actually where I was as big as I'd ever been actually. And she was quite upset, she was worried that-that you know, I was sort of heading towards a heart attack or something like that...

I: really?

P: yeah

I: I look at you now and I don't see anything like...

P: I'm five foot seven and I am about just-I'm between 11/11 and a half stone. At this point I was probably over 12 and a half stone, for someone who is five foot seven. That's, that's not great.

I: okay

P: yeah

I: so, so is...

P: at the moment, I could do, for me, to be ideal, I'd love to be about eleven stones. Because when I am eleven stones, clothes fit me, me tummy is a bit flatter. Me face is-all that kind of stuff and that-and that would be ideal. But, I sort of hover around 11 and a half stone and that is not too bad, I don't do badly

I: was it merely health reasons would you say? I mean like...

P: health and appearance actually.

I: okay, health and appearance. And for your wife? As someone-would you think it was to do with, was her concerns for your health or-or...?

P: and appearance

I: and appearance.

P: yeah

I: and appearance, so you got that kind of feedback from your wife. Was there anyone ever, anyone other than your wife that ever gave you feedback regarding your weight?

P: oh yeah people, people make comments don't they? You know 'he's put weight on hasn't he?' Erm, or 'you-you know, you've put on weight'. Funnily enough though when I lost a lot of weight, many-many more people said, 'oh-oh look at you, gosh you look-you look really well don't ya, oh look at you'. And they say that don't they, they don't say 'oh you've lost weight' but they associate losing weight with 'aren't you looking well?'

16:10.32

Part 2 Jim's Interview Transcript

P: 'you look good'

I: So that is almost like a reward isn't it? Like you know, that compliment.

P: yeah, yeah

I: Erm, okay so, let's-let's go a bit forward now, erm, so let's depart from your late 20s and your 30s. How long did this stay? Was this something that kept piling on, or did it fluctuate, or take me through this 30s period now.

P: it fluctuated a bit, erm. Erm yeah in my 30s that's when I did, I did two marathons when I was a teenager, and then I've done 6 marathons in my 30s and 40s.

I: okay

P: erm, so it fluctuated around marathons I think, around my running career if you like. Well not career because you know...

I: no it is

P: it's not like I am entering races to-to get anywhere near the front it's just to complete the-erm, err-I've never smoked

I: okay

P: I've always had a drink, I go to the pub and like to have a drink, you know, so I have always had a drink. Erm, I've never smoked, I've always played football as I said earlier, ever since leaving school, I've never not played football at least once a week, sometimes two three times a week, largely five a side football, which is quite an active sport. Erm, and a pivotal moment came for me when I- obviously I had put on weight, I wasn't as fit and healthy as I could have been, you know playing football I'd be like puffing and blowing that kinda thing. But a pivotal moment came for me when I picked up my daughter, literally picked her up and carried her up the stairs at home, and I got to the top of the stairs and I was puffing and blowing, and I just thought-this was in me 30s, and I just thought, that's not right. I shouldn't be-I don't smoke! I shouldn't be puffing and blowing carrying me daughter up the stairs so, I erm, I thought right something is going to have to change, and then as luck would have it, a couple of friends came to me and said err we're going to do the marathon, the Manchester marathon in the millennium year 2000 err and you're doing it too. I said okay, you're on. And erm, so I trained for that and did it and ironically those two didn't do it. I ended up doing it on me own. Well I-I hooked with other people and trained with them, but yeah they didn't do it, I did it.

I: wow

P: so that was my third marathon that in my life, like I said I did two when I was younger. And when I was younger I did those two marathons, I was fit as a flea basically, there was nothing on me, and I just did those two marathons on very little training, and, I found them-I found them quite easy to be honest. You know, like four hours, nothing ground breaking but you know (pause) when I was an adult, when I did that-that third marathon, training for that marathon was a completely different experience, because now I had me own house, my own family, different job with different pressures that kinda thing. And when I went out training for that marathon, it was like, it was me time. It was lovely it was really nice. Just to be out running, even in the rain whatever. Err but I did complete that marathon and say that I will never do another marathon, since then I've done another five (laughs).

I: different pressures, can we-can we talk about that?

P: yes.

I: so-so what are you saying, what-what are you talking about?

P: well what I am talking about is, when I was a teenager, I was running, training for the marathons that I did, I found my training quite boring, quite imposition, this is-this is crap (laughs). I didn't-I didn't particularly enjoy the training. Do the marathons they were great because they were bigger events, erm, but, when I started training for that marathon in the millennium so what-what age would I have been? I would've been about 37...

I: okay

P: I was born in '62, so yeah I was 37 in 99. So yeah, 36-37. So yeah, as I said I had, my own-I had children then, my own house I wasn't living at home with my parents, diff-I wasn't in a manual job anymore, I wasn't a builder anymore, err, I had a job where there were different pressures, so that, now what was happening I was leaving, I was going out of the house to run, and I was leaving all those pressures behind, kids screaming, kids-all that kind of thing, and-and-and just thinking, ooh, I'm quite enjoying this. Put me headphones on...music to run to, and out of the house for an hour. And then, really-really enjoyed it and then you get back in the door, the kids are screaming and you're back to, sort of, life again. You know, normal life.

I: okay

P: so there was a different-different pressures, more responsibilities as an adult if you like...

I: aw okay. And what significance does that have like you know, those responsibilities, as in how does that impact your body, as in, those responsibilities?

P: well, yeah I mean as in you are, when, I mean, I'm in a sedentary job now

I: okay

P: cycled in this morning, you know, erm. So that impacts me body because I am in a sedentary job or-where as I used to-you know, as a younger man I was in a manual job, erm, I've got kids, you (pause) you have less time to do leisure activities when your kids are younger I mean, we are coming

out of the other side of it now, I've got three children and the youngest is fourteen now, so we are coming out of the other side of it. So we are probably getting more-increasing times of leisure time. But at that time when they're little, you don't have that leisure time, so that impacts...

I: okay

P: ...your body.

I: and did it impact you?

P: yeah 'cause you know you, we joined-I joined a gym, but then you find you don't get to go to the gym, because you've got the kids and all of this kind of stuff. You know...

I: oh orite.

P: whereas if I was in the gym, and I didn't have children I'd be using it a lot more, that kinda thing.

I: okay

P: and you feel also (pause) you know, training for a marathon is quite a big commitment, and you are talking about hours out of the house, and that's not fair on your partner.

I: okay

P: in my case my wife, leaving my wife at home with the kids, they were screaming and that, erm, interestingly that got easier when she got interested in running, started running, so then it would be more, supportive...she'd be like so I am going to out for a run now...so then when I said I'm going out for a run now she'd be like, great.

I: right okay, so there's more of an understanding now that she's got the interest in doing that as well. That's very interesting, erm. So, obviously, just to really-really quick recap, so late 20s, not the greatest time, with respect to the perceptions that you have about your body, you know you do feel it is an issue, erm, you can't take your daughter up the stairs without you know, getting out of the breath erm,

P: that bit is in my 30, yeah-yeah.

I: yeah, so it goes into your 30s and then you take-then you did the marathon...

P: hmm

I: is your body changing?

P: yeah, well, I'll tell you what- the most surprising thing for me, I went up a shoe size! I went up a shoe size!

I: with the running?

P: with the running yeah. 'cause I think probably your foot gets muscular, I don't know! I was always a size seven shoe, and now I am a size eight.

I: right, and did-and how does that make you feel?

P: it don't bother me. (Laughs) Just-just-just a point of interest! It was just a point for me, it was just a point of interest. But my body did change, yeah erm, you know, and I saw how it could be erm, it gets more difficult as you get older. Umm but, but yeah. It-it-it did change for the better. But then I've had peaks and troughs, you know ever since I've started, all the running in the-erm, well 1999 I started running seriously again.

I: I'm guessing your kids had grown by that age or-or...

P: no, no, in '99 I'd two children, and they were four and two so...

I: you were pretty young then

P: yeah, quite a responsibility, that is why I am saying it was, you know, when you-when you went out the door it was quite relaxing that you've got these demanding children...

I: right, but at that point do you think the reason why you couldn't be completely fit was it because you-because you didn't get the time, is that what you are trying to say? I am just trying to make sense of it here....

P: I suppose-I suppose I didn't get the time, erm, and had other-other priorities.

I: right

P: I had other priorities

I: right, that took precedence.

P: yeah

I: so, no we are let's say, Jim is 39, safe to stay in the 30s then move into the 40s, what does Jim look like, late 30s, early 40s?

P: late 30s, early 40s, not too bad, because I had just done the one marathon, erm...

I: so that one marathon changes everything?

P: well, it changes-it changes, changes things in as much as I got into doing lots of other races

I: okay

P: so I'd look for 10 ks, I mean it's mad, you probably know yourself now, the running boom has-has-has really taken off again now 26:21.18 and you have the great runs and all of this stuff now. But then, in the late-in the late 90s, and early-early 2000s, erm it wasn't as big as it is now. So you'd find 10 k races you know, to cover Bolton and...

I: now they are doing like from Shipley to Leeds

P: yeah all this kind of stuff so I find all these races and do all these races, and then eventually I joined a running club so I was doing a lot more running, that-that-having that challenge to do that marathon was a catalyst for me to get into running quite-as a serious hobby.

I: right

P: nothing more than a-a serious hobby, but-but a hobby that-that enables you to maintain fitness.

I: how did you prepare for these marathons? I am guessing you went to the gym...

P: I was a member of a gym, at various times, I was a member of gym at that time er, but-but mainly running, the only way to prepare...

I: okay

P: the only way to prepare your body to run 26 miles is to run, a lot of miles! But diff-different types of running sessions as well you know.

I: right, okay. So, let's now we are reaching the more recent times. So, in your 40s I'm guessing, would you say you were pretty much, looking the same, and they weren't-they weren't any significant changes?

P: err, more or less, maybe up and down, you know, but more or less the same.

I: do you think that, how you look intensify-do you think concerns about the way you look intensify with age? Was that the case for you?

P: I think, I think it just remained pretty constant for me, I think the c change, and the-you know, defining moment was as I say, just, after my 50th birthday. And as I say I was, coming up to-yeah coming up to and after my fiftieth birthday I was as big as I'd ever been. And actually I fulfilled a lifetimes ambition before my fiftieth, while I was 49 in the summer, before...my birthday is in December. But in the summer I went with a group of friends to celebrate another guys 50th and rode err, argh, bikes in the alps, took our push bikes over and rode the alps, and I always wanted to-so I did several massive Alpine passes over the period of couple of days...

I: okay

P: and-and I did it. Because I've always been a cyclist as well, apart from anything else I've ridden bikes ever since...so I am quite a handy cyclist. And I did these alpine passes but they-I found them a lot more difficult than I would have done had I done them now.

I: okay

P: as I said I was maybe a good stone heavier

I: right, but you're saying that, okay in your 40s you stay pretty much similar but now you are 49 and you've been the biggest that you've ever been.

P: about that age, late 40s. So, at-at about 49...

I: what happened?

P: eating... drinking

I: just living

P: just living yeah, because you know I am still playing football once a week at this point

I: right, that's amazing

P: I occasionally go out for a run, do-you know, still go out cycling at the Peak District. I was in a bike club for a while, emm, but yeah just getting bigger emm, yeah.

I: but okay so now, you are 50...

P: ...2

I: 52. So it is only three years ago that wasn't it? Four years ago?

P: yeah I am 53 in December so yeah so about three years ago, yeah, three-four years ago.

I: so in these four years, how has Jim transformed? Has he transformed? Is he different?

P: 'lot more. A lot more conscious, of the fluctuations, definitely don't want to get back to that point where I was 12 and a half stone. Erm, dip in and out of-that fitness app that I use...I don't deny my-see-the thing that worked for me when I did weightwatchers, that will have been in my late 30s, and then I've used this 'my fitness pal' emm, I think...I started using it last year or whenever, erm, I don't deny myself, so if I am using it and I am going out with my mates on a Thursday night, and I want to have a few drinks or going for a curry or you know whatever, I wouldn't say: oh no-no I can't do that because I am keeping within this-I don't do that, I'll-I'll have almost all things, because what I found is-is a general trajectory weight loss, what-what for me I think happens is, is the most effective way to lose weight is just slowly but surely-so if you've got a-you know, a general trajectory of eating and normally in inverted commas, you have the odd day where you have a binge or, drink a beer or whatever

I: it's alright

P: it's alright because you are still going to be going that way...

I: how content would you say you are with your body at present?

P: 32:38.75 At present, erm...

I: if you had to rate yourself

P: 6 out of 10 at the moment.

I: why not 10?

P: because I've-I've just had a couple of holidays and, I've put on a bit of a gut on, I don't like that gut (rubs his stomach) and a couple of the-couple of t-shirts are a little bit smaller than maybe this one, a little bit tight, so, I maybe need to do a little bit more exercise or, do some sit-ups or something like that, six or seven. Seven.

I: the one thing that-that's interesting throughout the whole interview you have mentioned is that you've-you've focused on-on health...

P: hmm

I: but you have mentioned that it could be appearance as well

P: hmm

I: why is it an issue if you look big though? Why was it an issue for you or for your wife to see you look big?

P: socialisation I suppose, is it? Possibly socialisation, you know-the, the-I've done actually, I can show you my presentation if you want but I did a conference presentation in () last October, and it was called erm, something about err, oh I can't remember the title but basically, I'm looking at how pe-how people are trying to create a new identity by reshaping their bodies...

I: wow

P: but not looking at cosmetic surgery

I: right

P: looking at people using health, fitness, exercise regimes in order to get a new look, get a new body 34:16.06 and how is that-how is that impacting on people's identities, erm... I think it is important to a lot of people, nowadays and you know...the healthy body is seen as a...as the sort of, good attribute isn't it

I: see I think there is two separate discourses isn't there...obviously they do-they do, go like this (hand in hand) but I think what-what people think is healthy, I think it is more to do with like- because people would take unhealthy measures...

P: hmm

I: to look a certain way...

P: yeah I've written about that (laughs) I've written about that and saying about how people can well first of all the obvious one is drug use in sport, you know those are unhealthy measures to get to this peak fitness an all that kind of stuff but then you know emm, dangerous if you like, unhealthy fitness

regimes where people you know, push their bodies to the limit and break their bodies...erm, and then we obviously get...eating disorders and that kind of thing. As a mental health social worker I've sectioned people with eating disorders, you know, and that was pretty distressing really to see someone go through that.

I: you know, thank you very much, I know you've-you've got limited time as well erm, but that was-that was very interesting the things that you've come up with, erm, obviously body image erm, consists of your thoughts, perceptions, behaviours, I mean you cannot really define something when there are loads of different definitions and so on, but erm, the impression that I get, to read between the lines, you have had a reasonably-you've been reasonably fit throughout your life, there have been times when you know, you err have gone out of shape a little bit and that has been a concern to you but you have done something about it in order to get back to, erm, where you want to get back to! Erm, yeah, so, thank you very much and I appreciate your time.

P: you're welcome.

A.7.9.4. CRAIG'S INTERVIEW TRANSCRIPT

Craig's Interview Transcript

I: Ok so I am going to read out a little brief, erm, so it is like a standard brief that I read out before I start any interview. So, thank you for taking part in the study. Erm, you are part of this study because you meet the selection criteria. Erm, the purpose of the interview is to gain insights into the way you as a man have felt, perceived and behaved with respect to your body at different points in your life. Erm, I would like to let you know that the interview will be recorded, erm, transcribed, analyzed and erm, possibly, incorporated, anonymously into the final report. Erm, you have a right to withdraw from the study, erm, at any point of the interview. You're not obliged to answer any questions which make you feel uncomfortable. Erm, yeah so, if you are happy, shall we start with the interview?

P: I think we should start

I: okay. Erm, tell me a little bit more about yourself

P: I work at [Name of University blinded to preserve anonymity], erm, what-what-what kind of...

I: erm, so for example, obviously you're going to have a pseudonym erm, a fictitious name, or you can decide, I can decide, I don't know, erm, I'm thinking-I'm thinking- I'm thinking, I'll come up with something unless you've got a favorite that you want to erm, propose...erm, so, just-just your name, your age, just a bit about yourself, as in your occupation like you said, or where you work or erm, just a little bit of a background

P: background, erm, so, teaching research in the department of social care and social work, erm, and I've been here for, 12 years.

I: wow

P: twelve years. I am 56, coming closely 57.

I: okay

P: erm I-previous to this, I spent a long time working in UMIS, which is the University of Manchester Institute of Science and Technology.

I: oh, is that the acro-I mean abbreviation...

P: yes. It was erm, it was merged with Manchester University about ten to twelve years ago. The time I moved across, and I spent a long time working with international students

I: uh-huh

P: teaching English and academic skills. Because most of my erm, working life, err, prior to that had been spent abroad. Teaching

I: okay

P: so erm, I came back, carried on, working with international students, at UMIS and then kind of made a cross over to working with, erm, working kind of, communication studies at [], and I have been here since then.

I: oh okay, erm, if you don't mind me asking like you know...family?

P: I'm married, erm, I have a twelve year old daughter.

I: alright, okay. That's good, let's hark back to, when you were eight years old, okay. What do you look like, at 8?

P: (pause for thought) oh I can't remember. Well what did I look like? Erm, aww (long pause)

I: When can you remember? When is the earliest point that you can remember what you looked like?

P: Well, I can't really remember what I look like, Malik, I can remember things like erm, wearing you know-desperately wanting to wear platform boots, and flare trousers in the early mid-70s.

I: okay

P: okay. So I don't remember what I look like as much as I remember how I wanted my hair...long, in the early 1970s, and I wanted to wear, umm, flare trousers, so that when I stood up the flares actually covered my feet

I: okay

P: I remember that

I: okay, so, was there any point where you actually started to become aware of your body? Moving away, I'm moving away from clothes. I'm talking about what's beneath that, so your actual body, what was the point would you say, first question is do you ever feel you have had an awareness of your body, and then leading to that, when would that point be when you really became aware of it?

P: I can only really think of, through sport actually. Through playing rugby as a say 12 to 13 year old and just being conscious of erm, being hit, erm playing rugby. And how the body became really important, and I-I remember playing rugby, that-that school boy rugby, at a kind of erm, international level, and I remember somebody saying, you erm, you are going to go far because you are really built for this sport. You know, I said, what do you mean? He said, because you've got a low center of gravity, so you don't have long legs, you've got hips that are strong, and for that position that you are playing in rugby, that's going to be a real advantage so you've got the right body for this position

I: okay

P: and that's the first time, if I'm thinking back, that I can, emm, imagine, talking about or thinking about my body, I must have been yeah 14/15.

I: okay, so that awareness, so you've become aware through this experience, of your body. How do you feel about that body? How do you feel about your body in that moment? In that moment did you have any feelings and thoughts about your body?

P: well I felt great because I wanted to play for England, doing trials to play, so I thought that was really good that I've got that-that kind of body

I: you know how you mentioned this gentleman said you've got really strong hips, so you've got that-that thing that you've just mentioned there about the gravity, was that visible, or was that just something that they just observed through seeing you play

P: yes so 6:58.51 if you are playing rugby then you know, you don't want people to knock you off, and one way they try to knock you off is taking you here (slaps side of his thighs) and-and you know,

to tackle you, so if you are-you are quite strong, you are able to-to withstand that force. So I just thought of it in terms of that really

I: okay

P: my-my understanding of that was oh that's going to be good, but it wasn't something that was about erm, body image in erm, I would imagine it is more about body type, actually. I didn't understand it as body image. You know, I wasn't long and lanky.

I: okay

P: I was, squat, more squat, and with that lower center of gravity

I: alright, okay. Let's move forward, so let's go from your adolescence now into probably your younger adulthood, I mean I identify that somewhere around, maybe your early twenties? Erm, what do you look like in your early twenties?

P: erm, fairly, erm, not much different than my late teens, I didn't notice any great change, erm, fairly slim, erm, I wasn't putting any weight on, same kind of, size of trousers, always 32, all the way through. Erm, and not bulked out at all, slim, slender...

I: and were you happy with the way that you appeared in your 20s

P: yeah-yeah

I: why did you think that was?

P: I think it was probably, reflecting back, erm, a cultural milieu in which, err, the, it wasn't a beefed up post to adolescence young man, notion, which was understood as being cool at that time.

I: okay

P: it was much more of a kind of androgynous erm, sense of what was cool. So, erm, this is the period of kind of David Bowie and Mark Bolan, you know, that kind of late 70s thing, and I remember, that I was studying in Newcastle, and I was-wanting to get out, I suppose this is 19-prior to kind of-but it kind of, it kind of fits with the early twenties.

I: okay

P: because, erm, because I was brought up in Newcastle, and erm by the time I was sort of 17-18, I wanted to move away really, as a cultural milieu I just wanted to get away, and my erm, kind of cultural heroes tended to be people who were like David Bowie, and that kind of ilk, and In film I remember escaping regularly from the fairly tough erm, in a city of Jordy land, to the erm, independent film club, where there lots of French films, always very curious about the 1970s 10:54.45 was that the erm the male hero in French intellectual films was always kind of androgynous and erm, certainly not your beefed up Hollywood actor so I think my aspirations was you know...buy stuff look at yourself and feel good about yourself erm I wanted to be like that, erm, so I think that carried on into my 20s.

I: okay, so, it is interesting that you mention you know, you know it's the kind of media, you kind of bring media there because you-you're saying David Bowie who I think was fair-reasonably slim at the time, you know I don't remember him ever being erm, any weight on him, well-well now he probably looks a bit different but back then he was very-very-he was quite slim. Do you think erm; do you think that you would feel any different if you didn't look the way that you looked? Do you think, if you-if you had to think I mean maybe-maybe you do, but, if you didn't look the way that you looked in your 20s do you think that would-would you think that would-would you have different perceptions about...

P: I've got no idea.

I: 'cause you seem-you seem even now, quite reasonably slim, you know, you look healthy, you look fine, would-would-would looking any other way NOW then, 'cause you are here now, do you think looking any-any-any different would-would-would impact...?

P: Oh I'm sure it would. It would impact my health, it would impact the way I look at myself, 'course it would 12:47.72

I: okay

p: if I had, if I had a really big stomach, like that, it would affect daily life, and I would look in the mirror and think, I don't want to look like that

I: but why-imagine that there were no health...?

P: health implications about carrying too much weight, when you are 56/57, there are health implications involved of course.

I: but what if there weren't? Let's just imagine that scenario, there were no health implications, and, would that-would that still be undesirable to you, to-to-to have, to-to look any different to what you look now?

P: don't know. I imagine it would do. But I'm just imagining-I'm just carrying around a lot of weight, and all I can-all I can say, is, if I look at people walking up the stairs and they've got a girth, like that, erm I think that looks uncomfortable

I: okay

P: that's all so all I can imagine, all I can think is that if I imagine myself with a big girth and I am either sitting down in a table, in a chair, or I'm walking up the stairs, I'd be thinking, 'Wa! Why am I carrying all this weight around for?'

I: okay

P: that would be my-my current take on that.

I: okay, erm, right I'm going to move forward, I'm going to keep moving forward, so let's go to your late 20s, early 30s. What do you look like now?

P: erm, I was erm, slim, erm, I lived in Italy

I right

P: throughout that time and erm, I wanted to belong in Italy, so, I learnt the language very well. I acquired the mannerisms, the gestures that accompany the language

I: okay

P: and I, erm, acquired the style that also blended in with living in northern Italy and a bloke in his late 20s, and during the time I remember people saying, I thought you were Italian and I used to think, that's great.

I: okay

P: was that because, generally Italians have the fame of being, you know, handsome, have looks, or was it because-well that's good because that's the sense of belonging, so I'm not seen as, erm, Craig the foreigner, so I can just belong here. And it just makes life much easier, so...become kind of an anglo-mascot, you become just you know, the guy who hangs out with his mates

I: okay

P: so I think there is a bit of sense of that as well, so describing myself erm, in those times erm...

I: describe your body...sorry continue what you were going to say and then...sorry

P: I don't think my body erm shape, body shape was significantly different than it had been in erm my mid 20s or early 20s, I think probably around late adolescence early adulthood I think I found a quite stable body shape, and it hasn't changed enormously right through that time

I: right. Did it, did it-was there any point when it did change? Or have you always been-

P: pretty much the same, size 32 jeans, erm size 32 jeans, size 32-30

I: okay

P: yeah. Jackets I've always been, I think is It, 38, short.

I: okay

P: okay. That's my, erm, body size, since late teens, early 20s

I: okay. do you think that being slim throughout your life, possibly-possibly is one of the reasons why you feel positive about your body as well, because-because you've never really deviated from-from- from what I would call the ideal? You know as in, ideals change, and you know, there are-are different types of bodies out there, which I think are still appreciated, so you can be-you can be very muscular, but at the same time you can be very slim and you can still be very praised to be slim, I think maybe if you were somewhere in between maybe that's where-where it could get a little difficult for some people erm, providing that they-they you know, they care about the way they look. You know the way one looks does affect a sizeable proportion of the general population, however...

P: oh yeah. I don't deny being vain! Of course I'm vain! Yeah, you know, we-we-we live in, you know, house of mirrors, so, the fact that I look in a mirror, have done for the past 40 years, 30-30 odd

years, and seen, you know, reflected back at me a fairly similar shape, you know, throughout that time. Umm, and I can buy a pair of jeans and think, Oh yeah, they look nice, they fit, that's good, I look okay, erm, yeah I'm vain, it's just that erm, not having a body that has changed shape, in erm, noticeable ways I haven't fixed on it. Yeah. so when you say Ideal, I'm thinking, non-descript-not-not in a negative sense, just something that is sort of non-descriptive, if I don't describe-so-so-so I've struggled in a sense to describe my body erm, because it just being pretty much the same, and nothing that I thought, oh shit I've got to, you know, I'm going to lose that, or, god, I'm you know, I'm really think I've got to put some weight on, you know because I think I would have done, you know if you-if you look at yourself or other people say: 'hey man you're looking really skinny' I would think, I need to eat some cake or something, err-or if-if erm, I m putting weight on and somebody says, 'ooh, you're enjoying your food', then I would be wanting to erm, to lose that...

I: have you never erm, stumbled across any experiences where someone may have said that to you?

P: No! No.

I: okay

P: which is curious. And I think it is just because I don't know, my body shape has pretty much stayed the same.

I: yeah, okay. erm, let's, that's interesting so okay actually this is my question, because your body shape hasn't changed, erm, or has probably but...

P: yeah

I: not significantly...erm, would you say that-that would be one of the reasons why you may have or have not, engaged in any body change methods, throughout your life. Have you... because you said, you said you probably didn't feel-I don't know maybe I am, maybe I am saying something you haven't said, but-but, be it implicit, are you saying that you've never needed to put weight on, or you didn't need to lose weight, so does that mean you didn't engage in any body changing strategies other than the sport that you used to play, to intentionally...

P: no, I have never engaged in erm, I've never thought about going to the gym in order to develop my erm, biceps or whatever people do, I've never thought-it's just not my thing at all. erm, nor have I erm, thought right now I am going to erm, diet because I want to lose that gut, no, never done either of those things.

I: talk to me when you got married, when did you get married?

P: erm, erm, my 30s. 22:25.21

I: oh in your 30s. And when did you have your first child, or-or the only child?

P: I think I was 41, 41-42.

I: okay, talk to me about that period of erm, when you got, umm, your marriage! Oh erm, sorry!

That sounds very personal doesn't it *tell me about your marriage!* (Laughs). So you're saying your body was pretty much the same during that time

P: yeah

I: throughout your 30s

P: into my 40s.

I: into your 40s?

P: yeah

I: yeah, so now you've got your child and-you-you-you've said to me that throughout your life you probably didn't-haven't been to the gym that much, you probably didn't need it-feel the need to do that. Erm, you didn't, erm, so you look pretty much, the same throughout your life, and you've been fairly-would you say positive about your body? Or-or just neutral? You seem like you-you-you're quite neutral.

P: erm, well no, in as much as I say I'm you know, vain, and I can look in the mirror and say 'hey, good, yeah' erm, so happy with that. Never looked in the mirror and thought, aww sh*t you know...you've got to do something, never felt that. erm, my my wife is, erm, qualified fitness instructor and dance...

I: wow

P: so she's Cuban. So we met, when I moved from Italy to Cuba, I lived in Cuba

I: okay

P: so erm, we met in Cuba, and got married in Cuba. We then moved to the UK. Erm, and, where [Names daughter] was born, I had forgotten about my body image, my body shape, I was just trying to survive, sleepless nights, that was the main-the main thing.

I: alright, okay.

P: so I wasn't thinking about, body image.

I: oh okay, so do you think at that point, well, would you say before your daughter was born, there was-there was probably, some thoughts about your body but once your daughter was born, that kind of got replaced with you know other-other priorities?

P: [laughs loudly] oh no! I don't think so. No, I just don't think it was erm, something that was, err, let's say the-the ten years erm for the 8 years that-that we were married before [daughter] came along, I wasn't yeah, concerned about, body image. Never really went into my head.

I: well if that's your story-that's your story!

P: yeah, and after [daughter] was born, neither, it wasn't

I: okay, so, let's move a little forward now, erm, we are in your 50s now. And, so, let's not talk about shape, because I think, body is more than just shape, let's talk about other aspects of your body, if you're happy with that. Erm, as you-as you age, there are other things, that happen, you put weight on, hair, there's so many different things, I know you mentioned something about that you wanted to have long hair and you wanted to err, when you were in your preadolescence/adolescence?

P: yeah, erm, yeah-yeah. Teenage-years probably.

I: okay, so when did that hair become short?

P: erm, different periods, long-short, long-short.

I: long and short...

P: right out through till say, erm, mid 40s, erm and then it stayed pretty much as it has stayed now.

I: okay

P: maybe a bit longer.

I: you've got quite healthy hair though I'd say, you know, your hair is healthy, you've kept yourself quite, erm, well maintained. Erm, okay...

P: thanks Malik

I: [laughs] it's okay. Erm, do you think that boys felt less social pressures to look a certain way when you were growing up as opposed to-to have you ever focused on-on that.

P: do I think that boys in the 1960s had more pressures to look a certain way?

I: less, sorry, less.

P: feel pressured to look a certain way and then they do that, don't know, I honestly don't know because erm...I don't really know, these 16 year olds, these 17 year olds, I've got a couple of nephews, erm, who live in France, they're French, and erm, one of the things I did notice there was, as they were growing up, well firstly they-they did seem bigger. And teenagers, I remember being around as a 19 year old, when I was growing up, and also, erm, it's a bit like the, the Jason Bonham kind of aspiration, so they, you know, they all look, pretty, what's the word that people use, erm [pause] fit!

I: okay

P: yeah, so. Erm, sculptured, fit, look like they spent time in the gym, I don't know if they did or they didn't. Erm, but, very kind of muscular, here [outlines his chest and shoulders with his fingers].

I: broad

P: yeah, yeah, so. erm and I don't know but I would imagine that, a response to the kinds of erm, body aspirations which that the culture is feeding them, they're-they're-they're trying to you know, they're-they're-they're cultural heroes, umm...etc, etc, who are sculptured, athletic, erm, and who seem to look like they've got abs

I: you know when I look at you speak, what I see is, or what I feel is, about you is that, you're someone who, I think-think I do, I do think, and you probably wouldn't know any different, but I do think the fact that, you have been-you've looked a certain way 29:25.41 for most part of your life, I

feel, probably contributes towards your-your-your contentment, with the way that you look. I would call it content, I don't know, that's my opinion, erm, and I think, what-what-what I am curious about is that, people can look like you, and they can still have negative body image, they can still feel that they don't look good, irrespective of, even if they do look good. So I want to know, why you, which is a good thing, why you have been so relaxed.

P: so happy in my skin, is that what you-what you...?

I: yes

P: erm [pause] I don't think it's just-well I am using happy in my skin as a metaphor. Yeah, so I don't think it is about, erm, happy in my erm external shape, skin, I think it is something which is a much more rounded understanding of erm my place in the world, actually. It's not just about my you know my physical displacement of air that I cause. it is about understanding of erm, my being in the world. And I've thought about that a lot. And my being in the world-I'm quite, you know, erm, relaxed about my being in the world. Erm, that's-that's an age thing

I: uh-huh

P: I certainly have got to the point where I am, my being in the world is much more erm, understood, and honored thing, that is has been, than-it's getting more and more of that.31:50.41 and I think that is probably reflected in the way I talk about, or respond to your questions about specifics around body image. So happy in my skin, I think it is err, a very kind of a holistic understanding of my being in the world.

I: oh okay. I think I understand what you are trying to say. When you say that kind of holistic thing, the thing that comes to my mind is that, correct me if I'm wrong that-that the body just makes-it's-it's just like a dot in the hemisphere isn't it, it is just one aspect of-one aspect of...

P: well yeah, I've never been a great dualist. So, you know, the idea of umm, Descartes, and the philosophical dualism has never been, something that I-I really brought into. Umm, I'm much more interested in the sense of oneness

I: okay

P: umm, then I would be in the mind and body split

I: okay

P: yeah, so whether that-I don't think that's the result of having the same, looking at the same body image in-in the mirror for the past forty-five years, I think it's something which is goes way-way beyond that.

I: okay. Do you think that there is someone who has contributed towards, anything or anyone, who has contributed towards you thinking and feeling like that?

P: erm [long pause] probably, lots of people-lots of people. People like Alan Watts, erm, the writer, lots of writers, lots of thinkers, and writers around erm, Zen Buddhism, that have influenced my understanding and shaped my understanding of my, you know, being in the world. And, and, shown me different ways of overcoming this sense of dualism, you know, this mind body split. So there's a lot of influences over the years.

I: but when you say being in the world, you know I-I still feel, I still find that very very vague, what you are trying to actually convey there. What are you trying to say, as in like, for example, I think I've kind of forgot the question that I asked! Could you elaborate on what you mean by being-are you saying that, okay, this is what I am going to say and, the body when I say you've not really thought about body image as much, and about you it is about being in the world, what does that mean?

P: erm, my relationship with erm, err people, the earth, erm, the spirit, the spirit(s), so it incorporates, erm, religious understandings, of my place.

I: and are you saying that is, that for you is more important and more significant erm for you-see I'm trying to get-I think I'm getting a little tangled now because I am trying to, I'm trying to get to-maybe I am very positivist in that sense, even if I want to be called an interpretivist but I think I'm quite positivist in the sense that I like to see things in neat boxes and try to understand

P: All I am suggesting Malik, is that when you're trying to divide, my experiences of the world and myself, emm, you are trying to separate things as you are talking to me because you set yourself a goal which is the understanding of body image and you know I can fit into that category, and tell you

all that I have done, but one of the reasons is which I think you've seen I struggle to erm meet your expectations of talking exclusively about body image is that I think over the past few years I've worked quite hard to transcend the kind of dualism that has led you to divide and separate the world in such a way that give you the category BODY IMAGE.

I: okay

P: so that my understanding of body image as you set up the category is subsumed in a kind of melting pot, that's a poor metaphor, but it is subsumed in the understanding of my being in the world.

I: okay

P: that does make a bit of sense

I: yes, now it does.

P: okay, now, your question can be- Craig that is the result of having the same body image and you know, if you had ballooned to 18 stone when you were 27, and then erm, gone on some incredible diet and then reduced your size to you know seven stone, 13 years later, would you still be saying the same thing...I Don't know. I suspect that ifg my own explorations had erm, err, stimulated my thinking around who I am, and how I live in the world then I suspect it wouldn't have been, influenced by whether im 18 stone or 12 stone, but who knows.

I: okay

P: yeah

I: erm

P: hmmm

I: how content would you say-and I do have to-as-as much as I-I do respect what you're saying, and-I do have to ask you this question how content would you say that you are with your body right now if that if-if that question is something that can be asked after what you've said.

P: erm, all questions can be asked. And I can answer it honestly, erm, yeah, yeah I'm happy, I'm happy with my body image, because I think I understand perhaps its place in the general scheme of things

I: okay

P: yeah

I: erm, I know you mentioned something about rugby, when you were younger. And you know that takes me to thinking about body functionality more than the aesthetics, so, would you say, that-how content, how content would you say that you are with the way that your body functions, now?

P: late 50s, erm. I-I-I'm super happy actually yeah, I am very-very erm, grateful, would just like to celebrate the fact that I'm erm, as, mobile, and functional, physically, as I am

I: yeah

P: celebrating that, it's great.

I: wow, erm, was just trying to see if there is anything else that erm, that I would like to ask you, I think we've covered, erm more or less everything. Erm, and, thank you very much...

P: no it's a pleasure

I: I erm, that was very interesting

P: good

I: so thank you very much

P: hope you got some food for thought around, around some of the basics because one of the, erm, one of the nice things of doing research is, the opportunity to question someone's basic assumptions.

I: of course

P: and so if you can do that, then I think you're onto something. So I was unpicking some of the basic assumptions around the nature of body image, erm, and, erm, if you are brave enough to unpack some of those then I think...and I think your supervisor would certainly be able to take you to those spaces...

I: I agree there, erm, because I think when you I think you get comfortable sometimes with the knowledge that you already have, and I think that, you know, when-whether there is someone who-who say something new, or say something different, sometimes, you don't want to understand that and erm, but I am glad that you-that you were consistent, in-in-in telling what was true to you, and erm, and I would be more than happy to be including that within my work... I am going to stop the recording now, and thank you very much.

APPENDIX A.7.9.5. BRADLEY'S INTERVIEW TRANSCRIPT

Bradley's Interview Transcript

I: so thank you for taking part in the study. You are part of this study because you match the selection criteria. Erm, the purpose of this interview is to gain insights into the way you as a man have felt, perceived and behaved with respect to your body at various points in your life, erm, I would like to let you know that the interview will be recorded, transcribed, analyzed and possibly be incorporated into the final report, erm, you have a right to withdraw from the study, erm at any point of the interview, and you are not obliged to answer any questions which you find uncomfortable. Erm, so if you're happy shall we commence.

[Participant gives nod of approval]

I: so tell me a bit more about yourself?

P: what would like to know?

I: erm, just a bit of background information, erm, y'know, occupation, age, whatever you want to tell me actually-I don't want-I don't want...

P: you don't have any sort of classification...data that you would like to collect at the start of the interview...?

I: no, no I just want to know a bit more about you because-to get you more comfortable

P: I am a researcher at [name blinded of the institution to preserve anonymity], I have been for quite some time, umm, I've actually suspended my research for quite some time now, I'm erm for a few months I've suspended my research, erm, just trying to catch up with other things that are important in life, like family and erm, yes I am, I'm not very keen on giving out my age, but I'm certainly erm, over 50, definitely, I would say over 55, let's put it that way.

I: it's okay to be over 55 and not look 55

[Laughter]

P: good. And yes I, I'm quite keen on-what drives my research is injustice, erm, generally those that are targeted at-at ordinary people by state agents, that is the police, the military...

I: authority figures

P: authoritative-authority figures, establishment where there is miscarriage of justice err, which is allowed to ride because of the lacking access to resources of the victim, which is often the ordinary person, so that's one of the things which drives my research erm, I'm quite keen on family and relationship issues as well err at different levels in terms of erm within the family, erm, how families erm manage their relationships in order to erm, to err, to co-exist peacefully together and I am interested in interpersonal relationships, how we relate to others, not necessarily in family, in different context, at work, in group-social groups, erm-erm, I'm interested in how err, one can be erm perhaps erm, operate more intelligently relationally and erm, err and of course a major part of that is, parenting, and parenting err-although we all have personality types emm, parenting has a direct influence on relational skills that we acquire from the formative years and erm, some of them can really enhance our prospects some of them can really undermine them. So those are the sort of things which really drive me, I'm into music, I'm into music, I'm into guitar, quite involved with my local church, I go to church regularly, I go most weeks, erm...

I: on what grade did you play your guitar up to, 'cause I used to play the cello and the viola, but I never made it too taking the exams or the test and I...

P: I think the exams are good, it helps you develop your technical skills and your reading skillserm, but I don't think that the exams should erm, should be an inhibitor...

I: yes

P: I can't say-I can't boast of any particular grades. I-I always played guitat by ear, erm, and erm, most of my training, I've trained myself in the closet. Erm, but I consider myself a reasonably affective guitarist, in spite of that. So I think I did-I also give up music at the-because of the poor manner in which it was being taught.

I: okay

P: erm, but when I...pick it up, and not put it down since, err-my interest in music. Yes so err I am interested in health and fitness and nutrition, mainly because erm, partly because of my religious beliefs, you know which encourages me to look after my body, but also because I can't-I can't, I live alone, I'm single and if I broke down, I can't-I don't have anyone to run my errands for me, I have to do everything myself so if I allow myself to become an invalid or capacitated due to health reasons, erm, I will be the loser, so I have therefore-I would want to be able to run, erm, out of harms way, erm-erm, if necessary I would want to be able to do the day to day things like run and catch a bus, if I need to run and catch a bus, not often successful at running and catching busses, but then I don't erm, I don't often use public transport.

I: okay

P: but when I do, I think just being fit enough to do the day to day things, to log up and down the stairs and going shopping, carrying your basket da da da... so this is really my motivation for being interested in my health and in my fitness-I mean, another-there is medical reason where I suppose, which is somehow over the years I have allowed-I-I-I have developed emm, high blood pressure, err, and-that requires me to maintain a certain degree of activity on a regular basis erm, but I had been doing that before I had diagnosis so...

I: okay

P: so, that's me. Are we sticking to time on this?

I: yes

P: okay

I: let's-let's go back to when-let's call you Bradley actually, erm, when Bradley was 8 years old... what does Bradley look like, if you can recall...?

P: [long pause] erm

I: around the preadolescence time-you know, do you remember what-what you...?

P: big, I suppose

I: what's big?

P: I erm, I-I-I saw a photograph of myself as a –I suppose a 6-year-old. I-I-I was very slightly built, but I think from 8 to 14, I put on quite a bit of, some might call it, poppy fat, or just fat, whatever, and I think I was perhaps carrying more fat on me than normal err in those years, and in terms of –yes-at 8-yes-that’s my answer to that.

I: and how did you...did-did-did being that way impact the way you felt about your body at that age?

P: no I didn’t care.

I: would you say you were actually aware of it?

P: no

I: when did you become aware of your body?

P: [long pause] I suppose when I was 16. I became aware of my body.

I: okay

P: mainly because of girls, they made comments and umm

I: what kinds of comments did they make?

P: they were complimentary comments I have to say, but umm, I wasn’t-I didn’t bother because they were making compliments about a body I hadn’t really donned consciously, done anything about-I was physically active, I played squash, I ran, I-I erm did martial arts, erm, but I wasn’t, I wasn’t aware-I wasn’t really aware what my body image meant or suggested, erm, I was just happy to be mobile and to be able to do things, but I think in my teenage years, I think erm, I became conscious-I don’t think, yeah, I think I became conscious because of my fellow teenage gemales.

I: okay, erm, let’s move a bit forwards, because we are a little tight for time...let’s- let’s take a leap right to your late 20s. What does Bradley look like in his late 20s?

P: [long pause] I started to wear a beard

I: ok

P: in my late 20s a full beard err, I had don often not just for fun of it, but I decided to wear-I was working so erm it was part of my, you know, my beard, full time and erm again I I think I was erm I would not describe myself as fit looking back but I was not unfit and I was not...

I: entirely fit

P: overweight

I: okay

P: I was not overweight. I would not-from what I know now, what fitness is, or the two contexts of fitness, there's the pragmatic one, which is the one that I am most interested in, which is the ability to do things, err that you want to do without resorting to...there-there are different contexts of fitness, there's-there's a pragmatic one, which is the one most relevant to me, which is I want to be able to do things without seeking help err or being dependent if you like, on third parties. That's-the basic fitness level. I think, I had that at-there's the other context of fitness which is really having the physical target, fitness target and hitting that target and seeking to maintain that target and then there's the other level of fitness, which is erm been acknowledged to be git by others and then part of that third level is the description in modern parlance of you know, somebody is 'fit'...when they say, you know she's 'fit' or he's 'fit'. That's this business of being acknowledged by...But that comes in the context of people acknowledging someone is-someone might say like erm, Daniel craig is 'fit'

I: I understand what you are trying to say

P: but then there's another sort of fashionable fitness as well whereas we'll say [something] is as fit as a horse or as fit as a budgie. But, he might not be appealing and so some of that fitness has to do with appeal as well.

I: okay. I'm interested in, in the third drive-third driver, erm because what you've mentioned there, I would interpret them as being drives, drivers behind why you may engage in the activities that you engaged in, I think the third one might actually be correct me if I am wrong, a deliberate attempt to-to change your body, if that drive is a strong enough drive...

P: my driver, if you use the word driver, is not-there's acknowledgement and there's recognition. There's a slight difference between the two. Erm, if you were in prison and you-you look like you can crack a nut with your bare hands, erm, that's not acknowledgement that's recognition, then you might, they might say, right, okay, well don't mess with him because he-because they probably will

come and test it out anyway and say is he really able to do that otherwise they'll start to perhaps abuse the individual, erm, I think there is acknowledgement and recognition, I've never been interested in acknowledgement actually, quite very opposite, I think that the rigor for men in terms of masculinity and my ideal male image is-is a natural erm, a more natural built which you can get maybe through not even swimming, because you still if you're swimming off you can get quite muscular, erm, but its without muscles, it's just toned, is my ideal image and I'm not, I-I-I have muscles because I need to be able to carry things. Yesterday I was involved in, Sunday I was rolling bouncy castle rolled up tent, it weighed a ton, but there weren't enough people to do it 18:47.31 and I-I could, this sort of thing why I want to be strong, for me the driver is, I want to be strong. Or strong-strong enough for myself, that is my driver.

I: functionality

P: yes. That is my driver as far as I am concerned. But ideally if-if-if it has-I've noticed this is interesting you know, if-if it is erm, if you are keen on the recognition and acknowledgement you can perhaps you can tell because you are wearing more skin tight clothes aren't you because erm...

I: you're making it more apparent

P: yes making it more apparent because that's the whole point for you. Erm, whereas for me it would be-I would be embarrassed if I didn't have a lose fitting clothing on I think you know I rather especially you know I think for men when they are younger they often want strength men that are sorted physically minded they often want strength either in a functional context or in a cosmetic context. But when men are older, one, they are less interested in their appearance per se but also they don't want strength they want flexibility, it is a bit of a trade off the more muscles you have obviously they give you strength, the less flexible you can be, erm yes. So I think older men are more interested in flexibility and I come into that category. Erm but I think yes when I was perhaps younger let's say between 28 and 40, I erm, and I might have got carried on that way if I didn't start thinking about, it's not the image for me I don't want to look strong I just want to be strong, but the way I was training I was looking strong, very strong, and I was being-confused with people that

wanted to look strong. So I stopped the sort of, or held back my training, my fitness routine to keep myself from-looking strong because that's not what I wanted to-erm, but when I was younger I- I did push myself closer to the edge-well not close to the edge-the idea of fitness is, is you-you keep having a target, you keep moving, so if you can do this, you...extend your reach a little bit, its incremental level of fitness , erm, and I think that is the idea, I think most fitness instructors would tell you that, you know, you should have a goal, for your, erm, and-and this is really just for health purposes, but I-I do erm have a goal which is too get my blood pressure down, erm-erm abdominal fat for-for me, is quite erm, expensive to carry around, because it weighs on my bladder and-and in my age it means, it means that erm I can have what they call urge incontinence, so there is a medical reason why I try to keep my abdominal, my abs as they say, my abdominal muscles umm in check 22:39.38 but it is not the muscles that are important, it's the weight so you can, without having muscles if you just run regularly or swim regularly, or skip regularly, just don't carry the excess weight,

I: okay

P: so that's what I try to do, but I am not often successful. Work and lifestyle generally gets in the way. Erm fitness is almost, is a lifestyle choice and err, sometimes it's the lottery, you know erm, if you're going to work, sometimes I have done three jobs, held three jobs down you know for months and months and months, several-sometimes I'm working you know nearly 14 hours a day in the past, well how do you fit in, when you just barely recovering from your last-from yesterday...you don't have the time to-to do sport.

I: umm, because you've already mentioned between 28 and 40 and I know that we are really tight for time now, I am going to really quickly go into your 40s, and I want to ask you, what Bradley looks like, when he is-when he has entered his 40s, or during his 40s [pause] and what is going on during that time.

P: well [long pause] yeah I-I-I can't, in terms of look like, I think I was-looking back I think I was overweight. Erm, but only for my-for my sort of err, in terms of what you call your body fat

I: body mass index

P: body mass index! I might not have looked overweight, I was. and, it didn't bother me, because I was trying to, 40, very critical year and erm, and you think that you don't really think about the cosmetic, many people think health and fitness is cosmetic and whenever I have tried to organize people to come to a health and fitness event, they think that 'that's for girls', err, 'it's not for serious men' you know its cosmetic, we just take life as it comes, erm, erm, and especially when at the start of my 40s you're thinking, what are your targets, what are your goals in life? To what degree have you achieved them, or are on the path to achieving them? And this is really what drives you erm everything else is secondary, so I think that might explain the degree to which I was somewhat overweight, and I think that I was going to continue like that forever because, you've gone on the other side of the curve, and you just want to have a legacy, you want to da da da...and I only stopped down that path of pursuing your ambitions and goals at the expense of your health I only stopped that because I got a wakeup call from my doctor saying 'listen, you happen to have high blood pressure' and then I go what's that, I started to, then tried to erm, look after myself better.

I: okay, so had your doctor not given you that wakeup call you just mentioned something like, you said there's other things, or you said there something about there being a legacy. Is there anyway you could-could elaborate on that?

P: the driver in terms of lifestyle was you know, what your legacy is, what you want to achieve in your goals and so on and so forth, erm and that was the driver?

I: what was the goal, during that time?

P: erm, well I wanted to improve the climate of opinion, erm in in err Nigeria, erm because I had lived in Nigeria during the just after the war, like the civil war in Nigeria and I err wanted to improve the climate of opinion regarding the relationship between the police, the military and the general public and that-that involved-that required me to do some high level research into the security services in Nigeria and publish that research so,

I: okay

P: so I was set about doing that, I had a goal obviously like many people to have a house, have a lovely wife, have a lovely car and to have money in the bank [laughs] everybody wants this. I can't say that that-those were, any of my, those were my dominant objectives, I think-you know you said legacy, you know, some men are remembered for their beautiful wives and lovely house, but I wanted to have a more lasting legacy.

I: okay, so I'm going to bring it right down to this moment, this present moment right now, how content would you say you are with your body, and I am not going to say the way it looks, or the way it functions, but you take it as however you want to interpret that question

P: I'm not happy with my body at all, well I am happy with some aspects of it, but there's-in terms of the fitness side of it, I find that-I'm always embarrassed, I find that em, often I find men that are much older than me that can totally outwalk me, I've had two operations in my knees, and my knees are therefore a little bit sensitive, and emm, emm, and emm, im not happy about that, there's nothing I can do about that, its wear and tear. Erm, but my bladder, I do have bladder issues, which means that I have to go all of a sudden every now and again and I am often in the company of men, maybe, twenty years older than me, and they-they're not having to go when we are having a drink, and a meal together erm and theyre not having to go for hours and hours and hours and I'm having to excuse myself so I think that there is something wrong with my body, in that respect. But in terms of the way that my body looks, erm, and in terms of my fitness, in terms of stamina, for example, and the things, flexibility, things that I can do in a functional sense, I don't think I have ever been as fit as I am now, erm, in my entire life, and I am totally shocked to find that in my later years I am fitter than I was ever in my younger years. Erm mainly because I am more conscious of erm, I take on board fully the consequences of good or consequences of bad diet whereas when I was younger it didn't really make much of a difference we weren't going to live on forever anyway, you know, you've got to enjoy, and I once upon a time I had to have chips, from the chippy EVERY single day, unfailingly, every single day, with a bottle of pop, or can of pop, every single day unfailingly all the time in my sort of between 35 and 40. working in London , it was so convenient to just go to the

chippy and get-but I'm now more conscious of the consequences of that, because I'm conscious of it
I'm not doing that and because of that I'm getting benefits that I would not have had before and I also am
conscious that very soon I am literally going to be slowing down, because of my age, so I don't want
to accelerate that process, or hasten that process, so I umm, trying to be as active as I can, but
nonetheless, so, I just understand the logic of being in good condition erm, erm now I always used to
say to people that it's not-your fitness is not how you look erm, I've seen men and women that look
like rakes, very thin but they are very unfit, erm and I've seen men and women that are very big that
are very fit, equally, they can outrun you. ERrm, certainly me anyway. They can lift things that you
can't lift, they don't have blood pressure issues, they're healthy, but they're big. It's just their DNA,
their genetic composition. er so it's a myth to think it goes so much by appearance, although thanks
to the media, we have some stereotypical profile, erm-erm, both men and women, and erm, I don't,
I don't buy into that myself...

I: you don't subscribe to that...

P: no, I don't-I-I-I just really, erm, I just really do the minimum erm, that I need to do which is I need
to do things which is-I need to do things which make me breathless for half an hour, three times a
week. I try to do that

I: if there was a young Bradley, sitting in front of you, 27/28 something like that, is there anything
that you would like to say to that Bradley, now?

P: in the context of his body?

I: yes

P: [long pause]erm [pause] yeah I wish, err watch your, watch your weight but don't break yourself,
in the process. that's what I would say

I: okay

P: which is a shorter phrase but a lot of young people are interested in different things but we
seldom consider the pitfalls and the-the erm, side effects, or long term effects, and erm, and err
often that is because of having the wrong sort of instructions or no instruction and trying to do

things intuitively only, and we end up, believing, that we are achieving, some sort of goals in terms of what we want to look like, but ultimately they are either short lived, or there are some long-term consequences that are negative erm, so a lot of people are excellent weightlifters but they can hardly walk in their later years, excellent runners, but their joints are all shot in later years, erm, they achieve the weight of the Arnold Schwarzeneggers but then they haven't kept it up and their skin is sagging, and there's nothing to do apart from snip it, because emm because it is been stretched beyond their frame, so there are all these consequences so people just need to be erm, intelligent

I: erm...the fact that you are, offering this advice 36:56.86 do you think that you made that mistake that you are paying for now?

P: I don't. Err, I don't-I don't think I made that mistake, myself, errm, because I have been intelligent in the way that I have approached my-my body, ive not gotten mad, and-even when I did run I was aware that there's a consequence that impacts, or has a consequence that has a consequence that has and I try to as often as possible to try to run on soft surfaces rather than hard surfaces...although saying that I started swimming in my late 30s errm seriously but I would've liked to be swimming before, but I don't think the advice was something that missing with me, erm...

I: but you just wished it came to you earlier

P: yes

I: okay

P: what was missing with me, what I would like others to avoid, erm [pause] to do with fitness I suppose I wasn't I did not acquire the knack for listening to my body earlier enough, I always gave up agency, and gave the agency to the medical practitioners

I: okay

P: and if they said something is not wrong then nothing's wrong. But I realized too late that sometimes medical science is not foolproof it's not-sometimes medical science is coming up with nothing and you do have a problem, and sometimes if you are listening to yourself you can find the solution, just by being-attentive.

I: to the voice inside

P: to the voice inside. I think that's what I miss, that's what I...more of when I was younger.

I: well thank you very much for your time. Is there anything else that you would like to add?

P: no

I: okay. Well I am going to stop the recording now.

P: okay

APPENDIX B (STUDY 2)

APPENDIX B.1 LETTER OF ETHICAL APPROVAL

MANCHESTER METROPOLITAN UNIVERSITY
FACULTY OF HEALTH, PSYCHOLOGY AND SOCIAL CARE

M E M O R A N D U M

FACULTY ACADEMIC ETHICS COMMITTEE



To: Mohammed Malik

From: Prof Carol Haigh

Date: 07/03/2016

Subject: Ethics Checklist 1344

Title: Male Body Image Across Early, Mid and Later Adulthood: A Correlational Study

Thank you for your ethics checklist.

The Faculty Academic Ethics Committee review process has recommended approval of your ethics checklist. This approval is granted for 42 months for full-time students or staff and 60 months for part-time students. Extensions to the approval period can be requested.

If your research changes you might need to seek ethical approval for the amendments. Please request an amendment form.

We wish you every success with your project.

A handwritten signature in black ink, appearing to read "Carol Haigh".

Prof Carol Haigh and Prof Jois Stansfield
Chair and Deputy Chair
Faculty Academic Ethics Committee

APPENDIX B.2 ADVERTISING MESSAGE

Duration	30 minutes
Points	30 Points
Abstract	The aim of this study is to determine quantitatively the associations between body satisfaction, age and other demographic and psychological variables that have been found to be important to be relevant to men's body image
Description	Students will be required to participate in a series of short online surveys assessing their attitudes towards their bodies. It may take up to 30 minutes to complete these questionnaires. Considering that students will be accessing the online survey through an anonymous survey link, none of the students' personal information, such as their names or email addresses will be revealed to the researcher or anybody else.
Eligibility Requirements	To participate participants will need to be male and aged between 18 and 60. Participants who cannot communicate effectively in English, or have a self-reported history of body dysmorphia are not permitted to partake.

APPENDIX B.3 PARTICIPANT INFORMATION SHEET AND CONSENT STATEMENT

Participant Information Sheet and Consent Statement

Study Title

Male Body Image across Early, Mid and Late Adulthood:

A Correlational Study

Researcher

Mohammed Saqalain Malik (PhD Student)

Faculty of Health, Psychology and Social Care

Manchester Metropolitan University

Email: mohammed.s.malik@stu.mmu.ac.uk

Project Supervisors

Professor Sarah Grogan (Email: s.grogan@mmu.ac.uk)

Dr Jennifer Cole (Email: j.cole@mmu.ac.uk)

Invitation Paragraph

You are being invited to participate in an anonymous online survey. The purpose of this research study is to determine the associations between body satisfaction, age and other demographic and psychological variables found to be important to men in relation to their body image. Taking part in this research study is not obligatory. Deciding not to contribute will not place you at any disadvantage than those who do choose to participate. Please pay careful attention to the ensuing information and do not hesitate to approach me or my research supervisors using the contact information above, if any of it is not clear or if you require any further information.

Why have I been invited?

You have been invited to take part in this research as you are male and aged between 18 and 60 years of age.

Who must be excluded?

Individuals who cannot communicate effectively in English; and who have a self-reported history of body dysmorphia are not permitted to take part in the current study. However please note that there are no restrictions against disabled participants from contributing to this study.

What will I need to do?

After reading this the following information, the first thing you will be asked to do is confirm whether or not you have understood the information related to the study and whether you are willing to volunteer to take part the present study. Upon clicking the agree button, you will be navigated to a demographic questionnaire, which will ask you to specify your age, marital status, ethnicity and sexual orientation. You will subsequently be presented with the Multi-dimensional body self-relations questionnaire AS (also abbreviated MBSRQ-AS); the Body Appreciation Scale (BAS); the Embodied Image Scale (EIS); and the General Belongingness Scale. With respect to length of time, it will take you approximately 20-30 minutes to complete these questionnaires. Upon completing all the questionnaires you will be directed to a debriefing page where you will be thanked for your contribution and be provided with a list of counselling resources.

What happens to the data collected?

Once you have completed your questionnaires your data will be analysed using statistical methods. Analysed data will then be incorporated within the chief investigator's PhD thesis and might be submitted for publication. During time of analysis, only the principal investigator and his research supervisors will have access to the dataset. While we cannot guarantee complete confidentiality, be assured your personal identities will remain anonymous (see below). With respect to data retention, your data will be preserved up to five years after which it will be deleted. This is a guideline set by the British Psychological Society (see bps.org.uk).

How is anonymity maintained?

Considering that you will be accessing the online questionnaires through an anonymous survey link, none of your personal information including your name or email address will be revealed to the researcher or anybody else. While the anonymous survey link does not hide your IP address; there are settings on Qualtrics, which if enabled allow IP addresses to be removed as well.

What if I change my mind?

For any reason if you do not feel happy to continue with this study you are not obliged to complete the questionnaire. You can withdraw from this study by exiting the survey during any point without explanation by clicking the 'withdraw from the study' option, which will be present on each page. Upon withdrawing from the study none of the information you provided will be retained. However, considering the anonymous nature of this online survey, and bearing in mind that the research team cannot trace back to you, withdrawal after submission will not be possible.

What are the benefits of the Research?

By taking part in the present study you will be helping the Principal Investigator see how much of what has been said about adult men's body image in previous research applies to the wider group of men in the United Kingdom. Findings from this study may even contribute towards a possible intervention for men in the future.

Foreseeable Risks and Discomforts for you

Since body image has been considered to be a sensitive topic for men (Grogan and Richards, 2002); there is a possibility that some of the questions and or statements presented within these questionnaires may evoke a strong emotional response in you. For this reason, you are free to skip any questions which make you feel uncomfortable or withdraw from the research by closing the browser. Apart from this, there are no foreseen disadvantages or risks to taking part in this online survey. Nonetheless you will be provided with a list of counselling resources just in case you feel any concerns.

Consent Statement

By clicking on the AGREE button below, you are confirming that:

You have read and properly understood all of the information related to this research study and are agreeing to take part in the present study on a voluntary basis

AGREE ☒

DISAGREE ☐

APPENDIX B.3 MEASURES

DEMOGRAPHIC QUESTIONNAIRE

1. Are you male female?

Male ☐

Female ☐

2. Which age category do you belong to?

18-20 ☐

21-30 ☐

31-40 ☐

41-50 ☐

51-60 ☐

3. Do you consider yourself to be:

Heterosexual ☐

Gay ☐

Bisexual ☐

4. Please specify your ethnicity

Caucasian/White ☐

Indian ☐

Pakistani ☐

Bangladeshi ☐

Chinese ☐

Black/African/Caribbean ☐

Hispanic or Latino ☐

Arab ☐

Multiracial ☐

Would rather not say ☐

APPENDIX B.4.1. MULTIDIMENSIONAL BODY-SELF RELATIONS QUESTIONNAIRE-APPEARANCE SCALES (MBSRQ-AS)

The Multi-dimensional Body self-relations Questionnaire (The MBSRQ-AS)

© Thomas F Cash, Ph.D.

THE MBSRQ-AS

INSTRUCTIONS--PLEASE READ CAREFULLY

The following pages contain a series of statements about how people might think, feel, or behave. You are asked to indicate the extent to which each statement pertains to you personally. Your answers to the items in the questionnaire are anonymous, so please do not write your name on any of the materials. In order to complete the questionnaire, read each statement carefully and decide how much it pertains to you personally. Using a scale like the one below, indicate your answer by entering it to the left of the number of the statement.

There are no right or wrong answers. Just give the answer that is most accurate for you. Remember, your responses are confidential, so please be completely honest and answer all items.

_____ I am usually in a good mood.

In the blank space, enter a **1** if you **definitely disagree** with the statement;

enter a **2** if you **mostly disagree**;

enter a **3** if you **neither agree nor disagree**;

enter a **4** if you **mostly agree**;

or enter a **5** if you **definitely agree** with the statement.

1	2	3	4	5
Definitely Disagree	Mostly Disagree	Neither Agree or Disagree	Mostly Agree	Definitely Agree

_____ 1. Before going out in public, I always notice how I look.

_____ 2. I am careful to buy clothes that will make me look my best.

_____ 3. My body is sexually appealing.

_____ 4. I constantly worry about being or becoming fat.

_____ 5. I like my looks just the way they are.

_____ 6. I check my appearance in a mirror whenever I can.

_____ 7. Before going out, I usually spend a lot of time getting ready.

- _____ 8. I am very conscious of even small changes in my weight.
- _____ 9. Most people would consider me good-looking.
- _____ 10. It is important that I always look good.
- _____ 11. I use very few grooming products.
- _____ 12. I like the way I look without my clothes on.
- _____ 13. I am self-conscious if my grooming isn't right.
- _____ 14. I usually wear whatever is handy without caring how it looks.
- _____ 15. I like the way my clothes fit me.
- _____ 16. I don't care what people think about my appearance.
- _____ 17. I take special care with my hair grooming.
- _____ 18. I dislike my physique.

1	2	3	4	5
Definitely Disagree	Mostly Disagree	Neither Agree or Disagree	Mostly Agree	Definitely Agree

- _____ 19. I am physically unattractive.
- _____ 20. I never think about my appearance.
- _____ 21. I am always trying to improve my physical appearance.
- _____ 22. I am on a weight-loss diet.

For the remainder of the items use the response scale given with the item, and enter your answer in the space beside the item.

- _____ 23. I have tried to lose weight by fasting or going on crash diets.

1. Never
2. Rarely
3. Sometimes
4. Often
5. Very Often

- _____ 24. I think I am:

1. Very Underweight

2. Somewhat Underweight

3. Normal Weight

4. Somewhat Overweight

5. Very Overweight

_____ 25. From looking at me, most other people would think I am:

1. Very Underweight

2. Somewhat Underweight

3. Normal Weight

4. Somewhat Overweight

5. Very Overweight

26-34. Use this 1 to 5 scale to indicate how dissatisfied or satisfied you are
with each of the following areas or aspects of your body:

1	2	3	4	5
Definitely Disagree	Mostly Disagree	Neither Agree or Disagree	Mostly Agree	Definitely Agree

_____ 26. Face (facial features, complexion)

_____ 27. Hair (color, thickness, texture)

_____ 28. Lower torso (buttocks, hips, thighs, legs)

_____ 29. Mid torso (waist, stomach)

_____ 30. Upper torso (chest or breasts, shoulders, arms)

_____ 31. Muscle tone

_____ 32. Weight

_____ 33. Height

_____ 34. Overall appearance

APPENDIX B.4.2. EMBODIED IMAGE SCALE

Embodied Image Scale (Abott and Barber, 2010)

Directions for Participants: Rate how true each statement is for you (1= not at all true, 5 = very true for me)

	Not at all true for me 1	Rarely true 2	Neutral 3	Sometimes true for me 4	Very true for me 5
1-How good I feel about my body depends a lot on how I look	1	2	3	4	5
2-I do physically active things often (e.g., sports, hiking, exercise).	1	2	3	4	5
5-How good I feel about my body depends a lot on how I look	1	2	3	4	5
6-I always try to physically challenge myself during physical activities	1	2	3	4	5
7-I feel really good about the way I look	1	2	3	4	5
8-I participate in physical activities whenever I can (e.g., sports, hiking, exercise).	1	2	3	4	5
9-One of the most important reasons why people should take care of their bodies is so they can look good	1	2	3	4	5

10- Overall I am very satisfied with my physical abilities	1	2	3	4	5
11-I wear certain things to make myself look as attractive as I can	1	2	3	4	5
12-How good I feel about my body depends a lot on what my body can do physically	1	2	3	4	5
13-I always try to look the best I can	1	2	3	4	5
14-I feel really good about what I can do physically	1	2	3	4	5
15-I am very happy with the appearance of my body	1	2	3	4	5
16-One of the most important reasons why people should take care of their bodies is so they can be physically active	1	2	3	4	5
17-Overall I am very satisfied with my appearance	1	2	3	4	5
18-I am very happy with my performance in physical activities	1	2	3	4	5

19-One of the most important reasons why people should take care of their bodies is so they can feel good about their physical abilities (e.g., strength, fitness, endurance).	1	2	3	4	5
--	---	---	---	---	---

B.4.3. BODY APPRECIATION SCALE

The Body-Appreciation Scale (BAS)

© Dr. Tracy Tylka, 2006

Directions for participants: For each item, please circle the number that best characterizes your attitudes or behaviours.

	1 Never	2 Seldom		3 Sometimes	4 Often	5 Always
1. I respect my body	1	2		3	4	5
2. I feel good about my body	1	2		3	4	5
3. On the whole I am satisfied with my body	1	2		3	4	5
4. Despite its flaws, I accept my body for what it is	1	2		3	4	5
5. I take a positive attitude toward my body	1	2		3	4	5
6. I am attentive to my body's needs	1	2		3	4	5
7. My self-worth is independent of my body shape or weight						
8. I do not focus a lot of energy being concerned with my body shape or weight	1	2		3	4	5
9. My feelings toward my body are positive, for the most part	1	2		3	4	5
10. I engage in healthy behaviours to	1	2		3	4	5

take care of my body						
I do not allow unrealistically thin images of women presented in the media to affect my attitudes towards my body	1	2		3	4	5
11. Despite its imperfections, I still like my body	1	2		3	4	5

APPENDIX B.4.4. GENERAL BELONGINGNESS SCALE

The General Belongingness Scale

©Malone, G.P (2012)

Directions: Please rate the extent to which you *agree* or *disagree* with each of the following statements.

Scoring: Higher scores indicate greater levels of belonging.

7 = Strongly Agree

6 = Agree

5 = Somewhat Agree

4 = Don't Agree or Disagree

3 = Somewhat Disagree

2 = Disagree

1 = Strongly Disagree

General Belongingness Scale (GBS)

- 1 When I am with other people, I feel included.
- 2 I have close bonds with family and friends.
- 3 I feel like an outsider.
- 4 I feel as if people don't care about me.
- 5 I feel accepted by others.
- 6 Because I don't belong, I feel distant during the holiday season.
- 7 I feel isolated from the rest of the world.
- 8 I have a sense of belonging.
- 9 When I am with other people, I feel like a stranger.
- 10 I have a place at the table with others.
- 11 I feel connected with others.
- 12 Friends and family do not involve me in their plans.

APPENDIX B.5 (DATA CHECKS)

(TABLES)

Table B.5.1. *Calculated Z Scores for Skewness and Kurtosis Values*

<i>Variables</i>	Skewness and Kurtosis Values					
	<i>Skewness</i>	<i>SE</i>	<i>z</i>	<i>Kurtosis</i>	<i>SE</i>	<i>z</i>
Appearance Evaluation	.208	.325	.64	-.398	.639	.622
Appearance Orientation	-.530	-.327	-.857	-.298	.644	-.462
Body Area Satisfaction	-.371	.319	-1.16	-.291	.628	-.463
Overweight Preoccupation	.593	.319	1.85	-.286	.628	-.455
Self-Classified Weight	.222	.316	.702	1.324	.623	2.12
Body Appreciation	-.449	.319	-1.40	-.269	.628	-0.42
General Belongingness	.905	.325	2.78	1.291	.639	2.02
Functional Values	0.71	.325	2.18	.016	.639	0.02
Functional Satisfaction	0.46	.322	1.43	-.480	.325	-1.48
Functional Behavioural-Investment	.245	.319	0.77	.908	.628	1.45

Table B.5.2. Significance values

(Kolmogorov-Smirnov and Shapiro-Wilk Tests of Normality)

	Tests of Normality	
	Kolmogorov-Smirnov	Shapiro-Wilk
Appearance Evaluation	.200	.395
Appearance Orientation	.066	.094
Body Area Satisfaction	.200	.397
Weight Preoccupation	.045	.016
Self-Classified Weight	.000	.000
Body Appreciation Scale	.200	.279
General Belongingness	.003	.005
Functional Values	<u>.037</u>	.219
Functional Satisfaction	.098	.134
Functional Behavioural-Investment	.002	.010

Table B.5.3 *Collinearity Statistics*

	Collinearity Statistics	
	Tolerance	VIF
Body Appreciation	.557	1.794
General Belongingness	.984	1.016
Functional Values	.882	1.134
Functional Satisfaction	.798	1.253
Functional Behavioural- Investment	.779	1.284

Table B.5.2. *Results of Correlation Matrix*

Measures	1	2	3	4	5	6	7	8	9	10
Appearance Evaluation	--									
Appearance Orientation	-.066	--								
Body Area Satisfaction	.699** *	-.250	--							
Weight Preoccupation	-.444* **	.462** *	-.439* **	--						
Self-classified weight	-.334*	.197	-.122	.386**	--					
Body Appreciation	.728*	-.181	.619**	-.476	-.264*	--				
General Belongingness	-.097	-.096	-.219	.142	-.153	-.011	--			
Functional Values	-.240	.440** *	-.125	.322*	.228	-.073	-.039	--		
Functional Satisfaction	.555** *	-.369* *	.620***	-.370* *	-.176	.662** *	.132	-.141	--	
	.247	.184	.171	.114	.027	.326*	.027	.229	.365**	--

Functional
behavioral-
investment

*p < .05, **p < .01, ***p < .001

B.5.5. *Durbin Watson Statistics*

Appearance Evaluation	1.977
--------------------------	-------

Appearance Orientation	2.007
---------------------------	-------

Body Area Satisfaction	2.132
---------------------------	-------

Weight Preoccupation	2.224
-------------------------	-------

Self-classified weight	2.086
---------------------------	-------

APPENDIX B (FIGURES)

FIGURES B.5.1.

Figure B.5.1.1. Histogram for the appearance evaluation subscale of the multidimensional body-self relations questionnaire-appearance scales

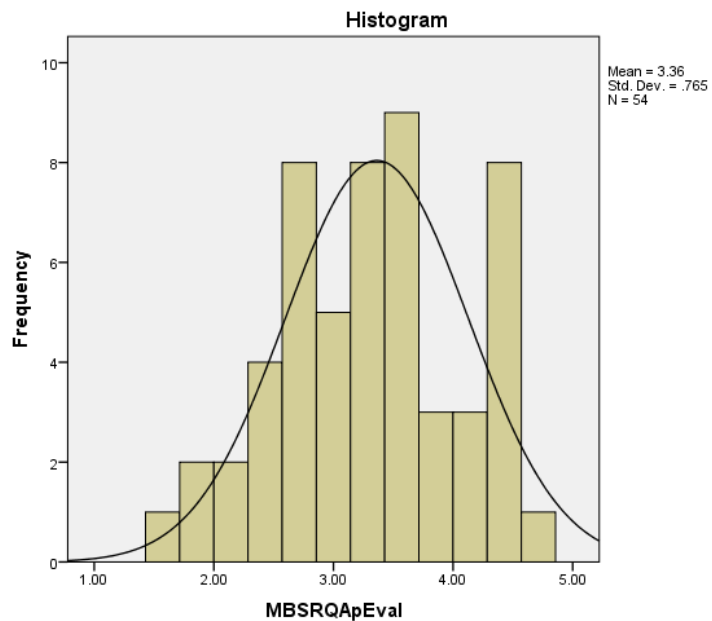


Figure B.5.1.2. Histogram for the appearance orientation subscale of the multidimensional body-self relations questionnaire-appearance scales

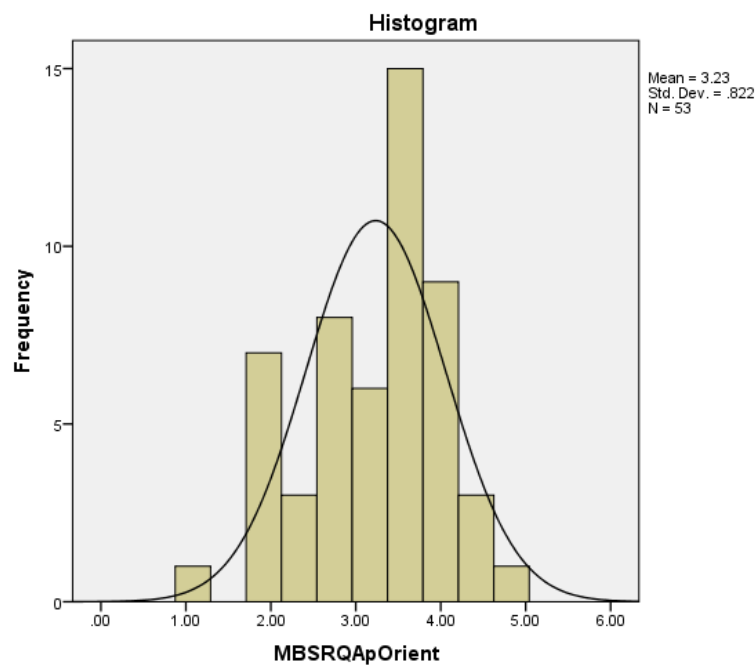


Figure B.5.1.3. Histogram for the body area satisfaction subscale of the multi-dimensional body-self relations questionnaire-appearance scales

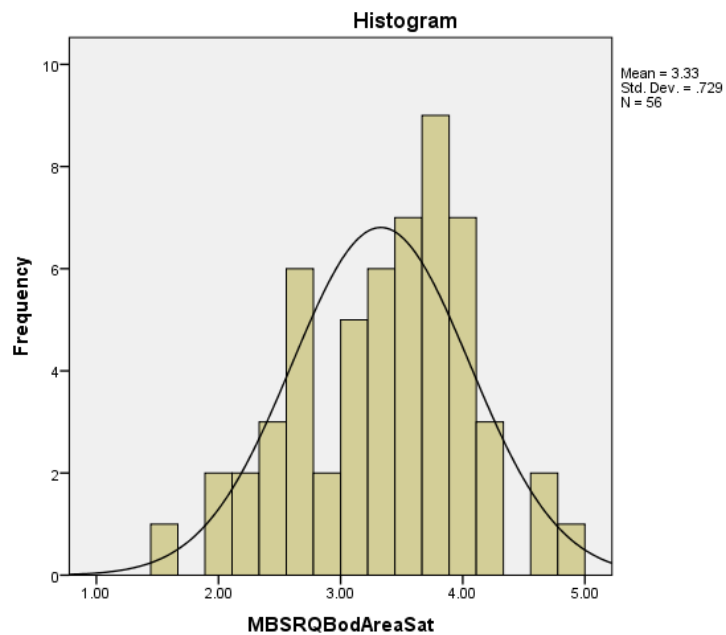


Figure B.5.1.4. Histogram for the overweight preoccupation subscale of the multi-dimensional body-self relations questionnaire-appearance scales

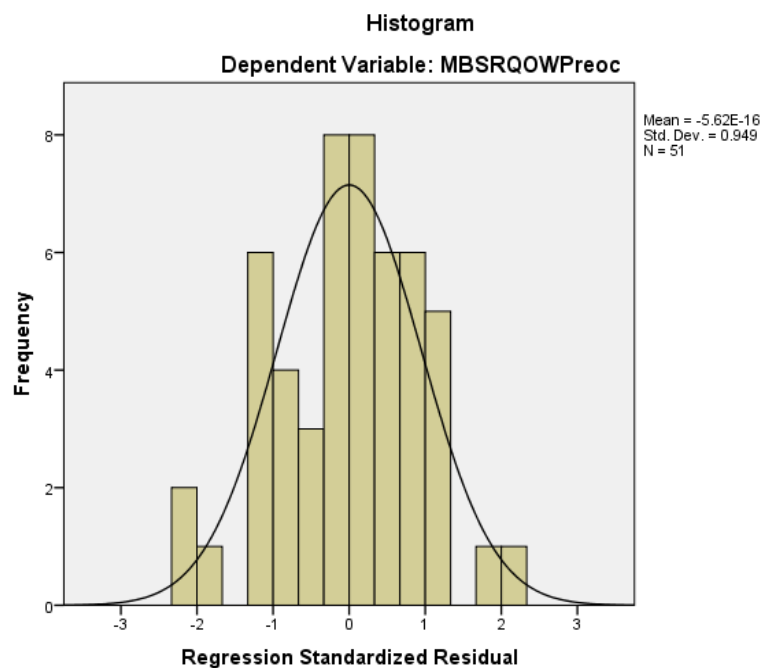


Figure B.5.1.5. Histogram for the self-classified subscale of the multi-dimensional body-self relations questionnaire-appearance scales.

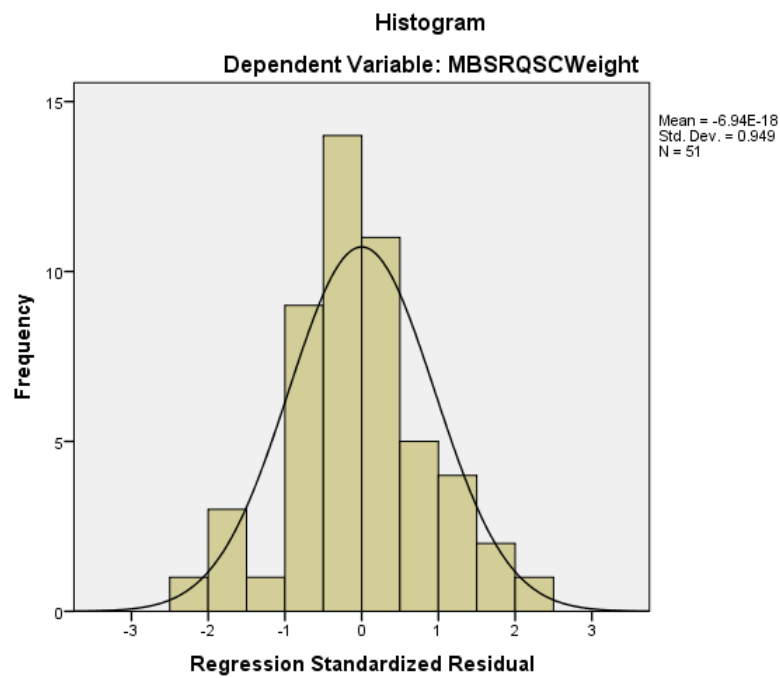


Figure B.5.1.6. Histogram the body appreciation scale.

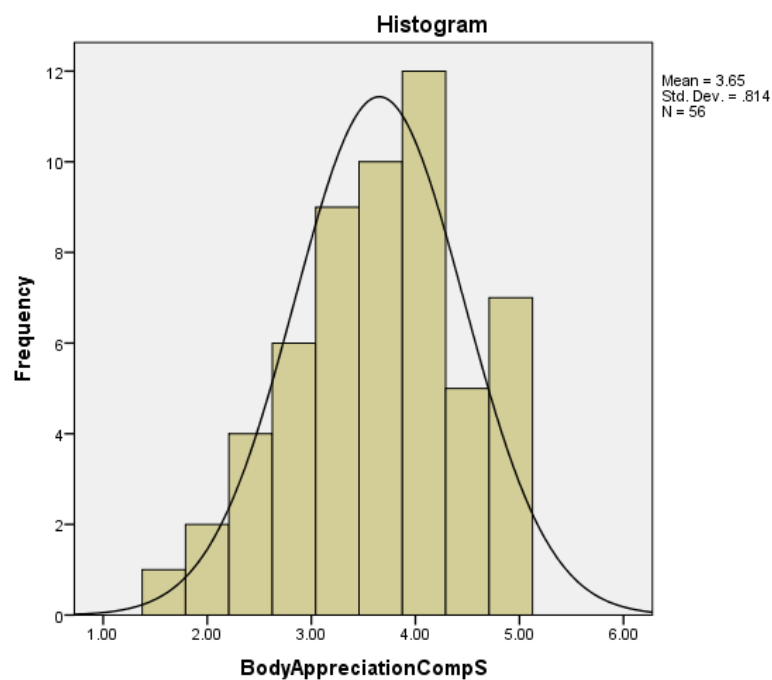


Figure B.5.1.7. Histogram for the general belongingness scale.

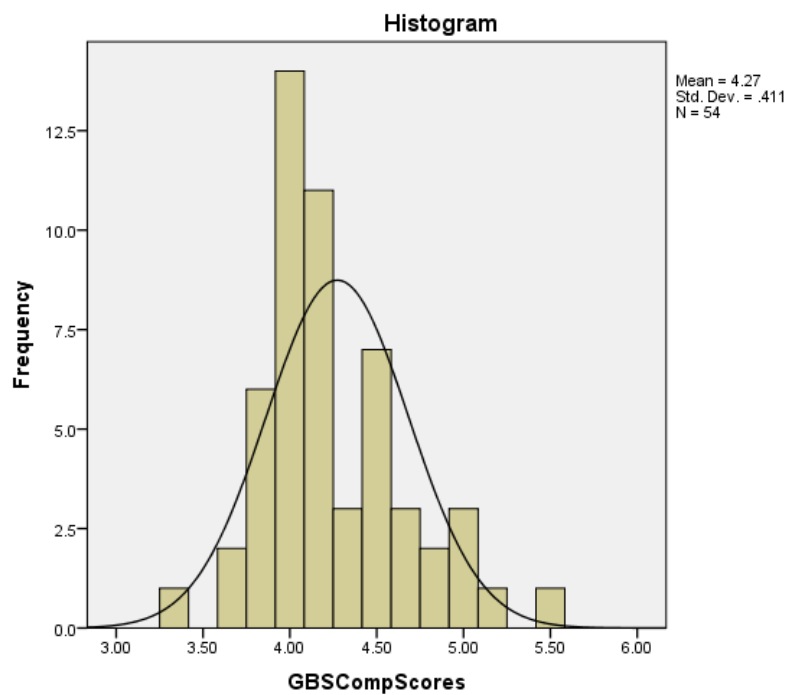


Figure B.5.1.8. Histogram for the functional values subscale of the embodied image scale.

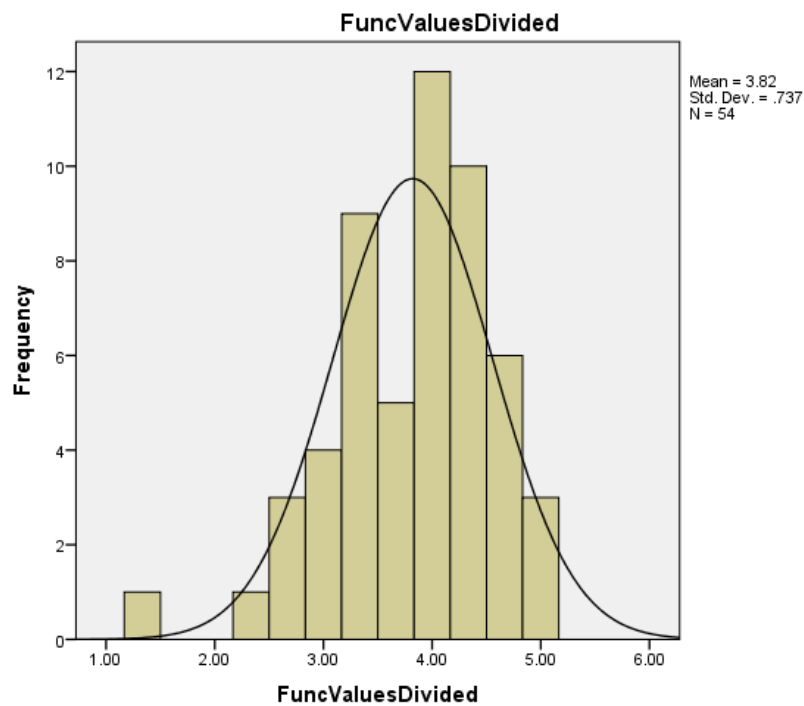


Figure B.5.1.9. Histogram for the functional behavioural-investment subscale of the embodied image scale.

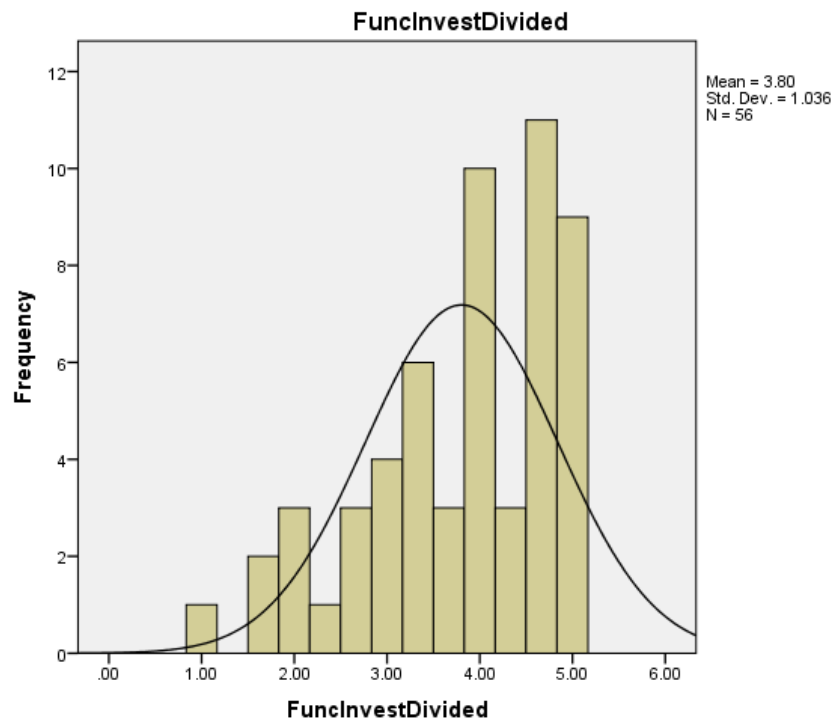


Figure B.5.1.9.1. Histogram for the functional satisfaction subscale of the embodied image scale.

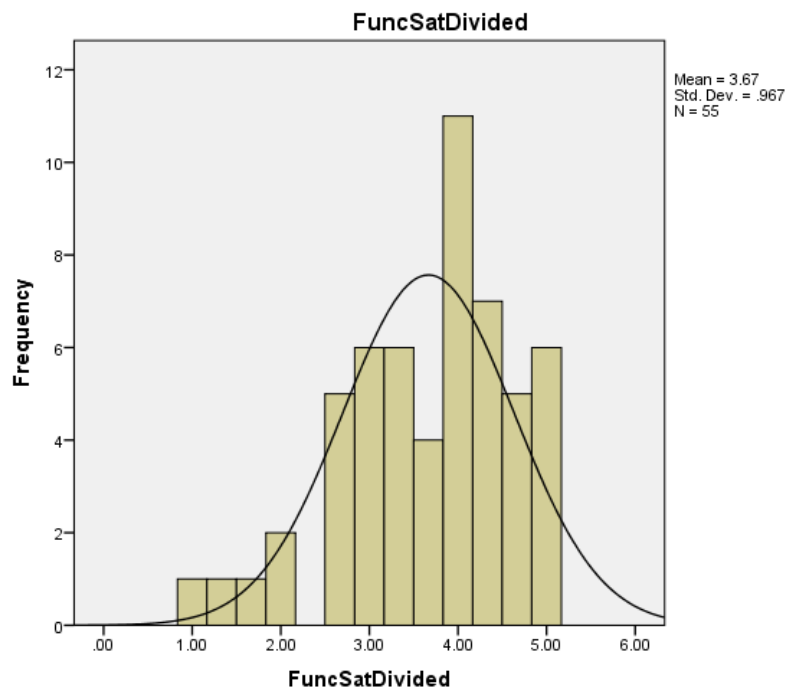


Figure B.5.2.1. Normal P-P plot for the appearance evaluation subscale of the multidimension body-self relations questionnaire-appearance scales.

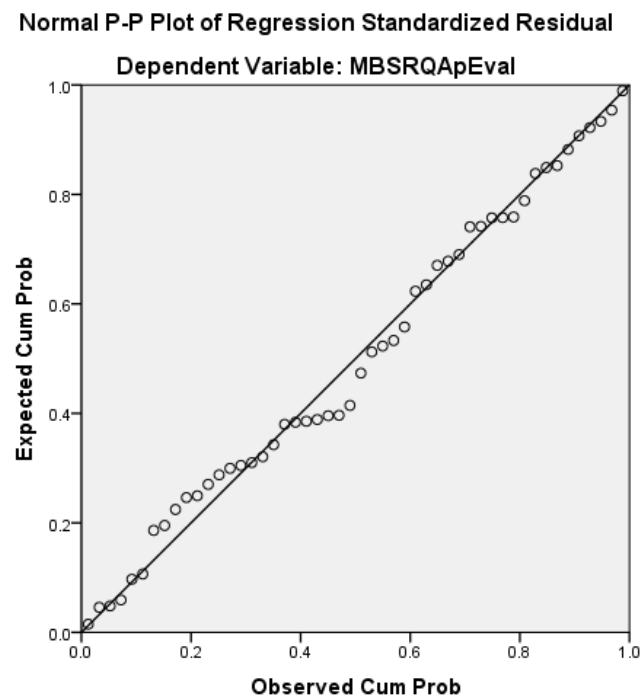


Figure B.5.2.2. Normal P-P plot for the appearance orientation subscale of the multidimension body-self relations questionnaire-appearance scales.

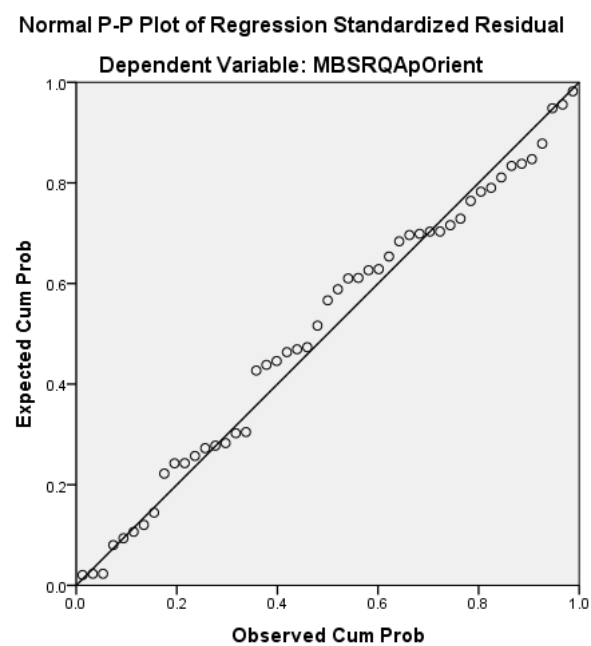


Figure B.5.2.3. Normal P-P plot for the body area satisfaction subscale of the multidimension body-self relations questionnaire-appearance scales.

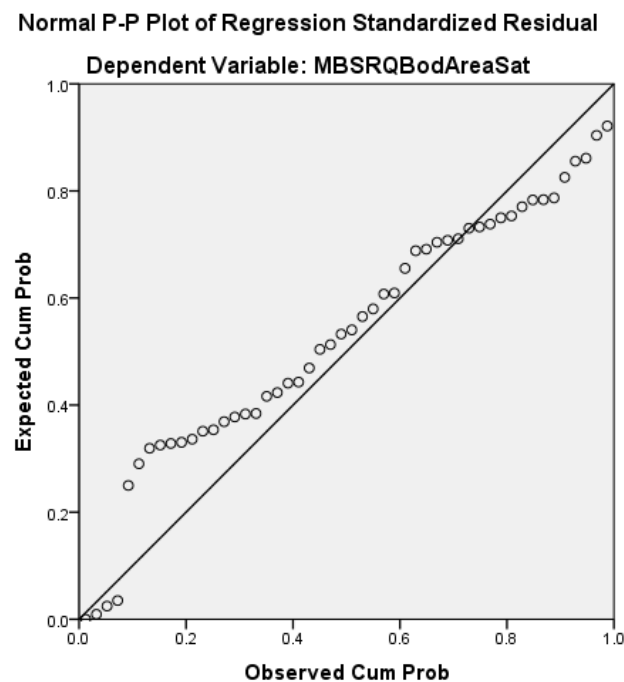


Figure B.5.2.4. Normal P-P plot for the overweight preoccupation subscale of the multidimension body-self relations questionnaire-appearance scales.

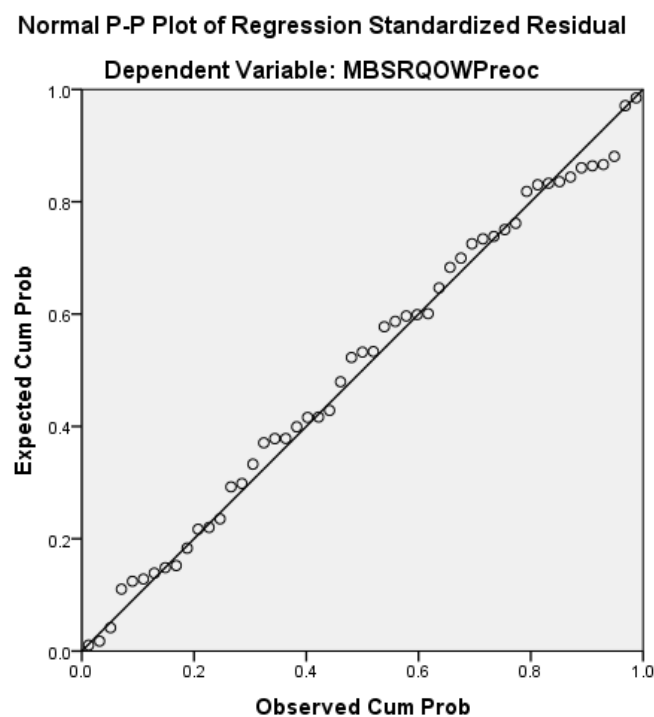
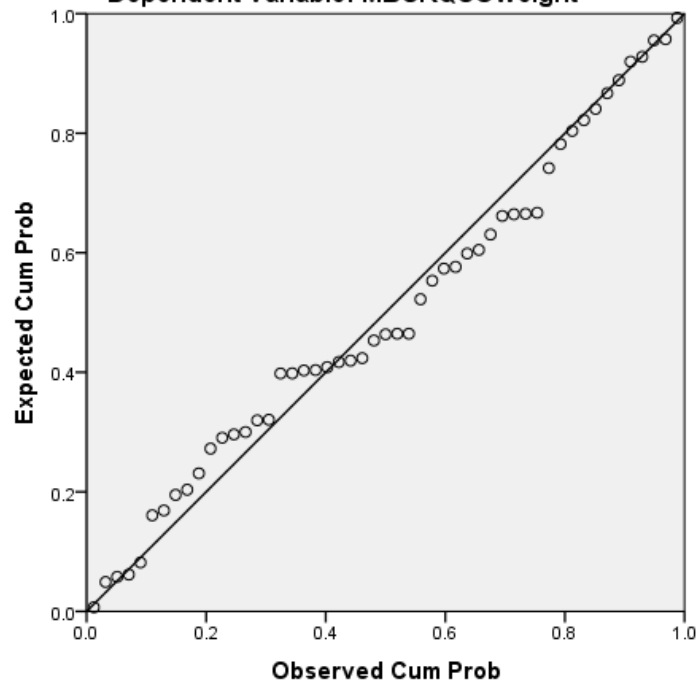


Figure B.5.2.5. Normal P-P plot for the self-classified weight subscale of the multidimension body-self relations questionnaire-appearance scales.

Normal P-P Plot of Regression Standardized Residual

Dependent Variable: MBSRQSCWeight



APPENDIX C.1 LETTER OF ETHICAL APPROVAL

**Manchester Metropolitan
University**

M E M O R A N D U M

FACULTY ACADEMIC ETHICS COMMITTEE



Faculty of Health,
Psychology & Social Care

Brooks Building
Birley Fields Campus
53 Bonsall Street
Manchester
M15 6GX

+44 (0)161 247 2569

HPSCresearchdegrees@mmu.ac.uk

To: Mohammed Malik

From: Prof Carol Haigh

Date: 20/06/2017

Subject: Ethics Application 1474

Title: Promoting Positive Body Image in Men: A Focus Group Study

Thank you for your application for ethical approval.

The Faculty Academic Ethics Committee review process has recommended approval of your ethics application. This approval is granted for 42 months for full-time students or staff and 60 months for part-time students. Extensions to the approval period can be requested.

If your research changes you might need to seek ethical approval for the amendments. Please request an amendment form.

We wish you every success with your project.

Prof Carol Haigh
Chair
Faculty Academic Ethics Committee

APPENDIX C.2 ADVERTISING DETAILS



MALE? 18+?

YOUR OPINION MATTERS



Participants Wanted for Focus Group on Promoting Positive Body Image in Men

I am a final year, male PhD student from Manchester Metropolitan University who is seeking participants for a focus group based on promoting positive body image in men.

You cannot take
part if:

Cannot communicate
effectively in English

Are currently receiving
treatment for Eating
Disorders

Have a self-reported history
of body dysmorphia

If you meet the selection
criteria above and are
interested in taking part in
the study then please
contact me using the
information below:

EMAIL:
[MOHAMMED.S.MALIK@S
TU.MMU.AC.UK](mailto:MOHAMMED.S.MALIK@S
TU.MMU.AC.UK)

MANCHESTER METROPOLITAN
UNIVERSITY

Birley Building
53 Bonsall Street
Manchester
M15 6GX

Phone +44 (0) 161 247 2000

APPENDIX C.3 PARTICIPANT INFORMATION SHEET

Participant Information Sheet

Study Title: Promoting Positive Body Image in Men: A Focus Group

Researcher

Mohammed Saqalain Malik (PhD Student)
Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Email: mohammed.s.malik@stu.mmu.ac.uk

Project Supervisors

Professor Sarah Grogan (Email: s.grogan@mmu.ac.uk)
Dr Jennifer Cole (Email: j.cole@mmu.ac.uk)



Overview

You are being invited to take part in a focus group which will help develop ideas for a possible intervention for men in promoting positive body image. Taking part in this research is completely voluntary. Your contribution may lead to the development of more accurate and appropriate interventions for promoting positive body image in men in the future, but there are disadvantages associated with declining to take part. If you do decide to take part it is important you have a comprehensive understanding of what your role in this research will be. Please pay close attention to the following information and do not hesitate to contact me or my research team using the contact details above, if any of the information is unclear to you, or if you require any further details.

Details of the Focus Group

You will be part of one of several group discussions that will take place. Each focus group will consist of no more than four participants and a moderator, and will take place at a location and at a time that is convenient for everyone. Within this group discussion the facilitator will reveal to you findings from two of his previous investigations (both of which have been based on male body image across the lifespan). You will then be encouraged to give your views on these findings and make suggestions for interventions to enhance body image in boys and men. The length of each focus group will be between 60 and 90 minutes. All focus groups will be audio-taped and transcribed. Transcripts will subsequently be analysed for relevant information all of which will be incorporated within the facilitators PhD thesis and possibly published within a psychological journal. Both transcripts and tape recordings will be stored electronically and retained for a sum of five years, after which they will be deleted. The aim of storing this material is so that it can be made accessible to academic publishers who may wish to assess the authenticity of the data in the future. For anonymity purposes, all transcripts and audio recordings will be protected by passwords and will be saved using pseudonyms or participant numbers. The research team will be the only group of individuals whom will have access to the complete transcripts and your identities will remain safeguarded at all times. Furthermore quotes from the focus groups may be used in reports but these will be presented anonymously.

Why have I been invited?

You have been invited to take part in this research as you satisfy the selection criteria i.e. identify as male and over the age of 18.

Who cannot take part?

Participants who are not encouraged to cooperate in this study include individuals who are; unable to provide fully informed consent, have a self-reported history of body dysmorphia or are currently receiving treatment for eating disorders. All participants will need to be fluent in spoken English.

Ethics

As a participant it is not necessary for you to give an opinion on everything. For anything you do not wish to comment on, you are not obliged to, **although any comments you do make will be reported anonymously**. You are also entitled to leave the focus group during any point without providing any explanation. Furthermore, you have a right to withdraw from the study even after it has been completed without having to give a reason. To do so, you must notify the research team within three weeks of having participated in the focus group. You can do this by contacting the researcher or project supervisors using the contact information above.

Benefits of the research

There are no direct benefits of taking part for participants. However, by contributing to this study not only will you be able to express your views but you may be potentially be helping other men to have a more positive self-image of their bodies and how they treat their bodies.

Foreseeable risks and discomfort to you

There are no expected disadvantages or risks to participating in these focus groups. However, below is a list of counselling resources which you may wish to contact following the group discussions if you do have any concerns. **The most relevant sources include contact details of the Samaritans, Mind and B-Eat.**]

Manchester and Salford Samaritans Phone: (0161) 236 8000 Email: jo@samaritans.org Address: 72-74 Oxford Street Manchester M1 5NH Drop-in hours: 08:30-20:30 Mon-Fri	B-Eat Adult Helpline Helpline: 0808 801 0677 Email: help@b-eat.co.uk
Mind Phone: (0161) 769 732 Email: info@manchestermind.org	

APPENDIX C. 4 CONSENT FOR PA

Participant Consent Form

Researcher

Mohammed Saqalain Malik (PhD Student)
Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Email: mohammed.s.malik@stu.mmu.ac.uk

Project Supervisors

Professor Sarah Grogan (Email: s.grogan@mmu.ac.uk)
Dr Jennifer Cole (Email: j.cole@mmu.ac.uk)



Title of Project: Promoting Positive Body Image in Men: A Focus Gr

Participant Identification Code for this project:

Please initial box

1. I confirm that I have read and understood the information sheet for the above project and have had the opportunity to ask questions about the interview procedure. ☐
2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason. ☐
3. I understand that my responses will be sound recorded and used for analysis for this research project. ☐
4. I give permission for extracts from my interview to be used in publications and conference presentations in a form which maintains my anonymity ☐
5. I understand that my responses will remain anonymous. ☐
6. I agree to take part in the above research project. ☐
7. I understand that at my request a transcript of the group discussion can be made available to me. ☐

Name of Participant

Date

Signature

Researcher

Date

Signature

To be signed and dated in presence of the participant

APPENDIX C.5 FOCUS GROUP PROFORMA

FOCUS GROUP PROFORMA

Hello everyone and welcome. Thank you for agreeing to take part in today's focus group. My name is Malik and I will be facilitating today's group discussion. The aim of the present study is to understand your views on how positive body image can be promoted in men. The reason behind why you were able to take part in the current research was because you satisfy the selection criteria. This is one of four focus groups that I (am/will be/have) facilitated/facilitating. The duration of this focus group is imagined to be between 60 and 90 minutes.

Upon completing this research, a report will be produced wherein (main themes/findings) from all the focus groups will be pieced together and presented. This group discussion will be recorded for analytical purposes. When writing the report, direct quotes from the focus groups may be utilised though none of the used quotes will be attributable to any individual taking part. Original identities will be concealed via the use of fictitious names.

As a participant it is not necessary for you to give an opinion on everything. For anything you do not wish to comment on, you are not obliged to, although any comments you do make will be reported anonymously. You are also entitled to leave the focus group during any point without providing any explanation. Furthermore, you have a right to withdraw from the study even after it has been completed without having to give a reason. To do so, you must notify the research team within three weeks of having participated in the focus group. You can do this by contacting me or any of the project supervisors, our details are on the information sheet.

As far as this focus group is concerned, there are a few ground rules:

- Please respect each other's opinions. There are no right or wrong responses to the questions I ask. Every individual's experiences and opinions are important and are welcomed.
- It is also important that you do not disclose what other participants have discussed within this focus group once you leave, although I cannot ensure that other participants will not discuss your responses outside of today's discussion.
- Given the time constraint, I may interrupt to assure that all topics are covered.
- I may also choose you to comment on something if I have not heard you say anything considering that I would like to hear what everyone has to say.

Do you have any questions so far?

1. (Present findings from study 1-explain the life stages and experiences men spoke about when showing quotes) What are your first reactions when you read these quotes?
2. Are any of these themes relatable to you?

3. Reading these quotes, how do you think we can promote positive body in men?

I am now going to reveal some statistical findings which have come out of another study that I carried out.

4. (Present findings from study 2) What do you think of the relationships between all these different variables (things)?
5. Do these relationships exist within your own body image experiences?
6. Now that you are aware of findings from both studies, is there anything that you think can be added to a possible intervention to helping men have more positive perception of their bodies?

Right then, I think we have come to an end. I would like to thank you for your contribution, I really appreciate it.

APPENDIX C.6 SELECTED STUDY ONE QUOTES FOR STUDY THREE

'Umm, probably not even aware of my body to be honest'.

'You don't want to be like that guy who is left behind every time, that nobody wants to pick on for their football team'.

'If you can't do certain things, you don't look or dress a certain way, then you're not in.'

'Once you have kids, it's very-it's harder to find the time to do those things, to counteract it, to go out and exercise.'

'Paying a mortgage was crucial, putting food on the table was crucial, having a roof over your head and paying your bills was critical. Having a gym membership from 50 to 70 pound a month, not good.'

'You suddenly look at yourself and think I'm divorced and err you think, I wouldn't really fancy me either, if I saw me now, so, I'll do something about it.'

'I still do my long walks, I still do running when I can, I still workout before I go to work.'

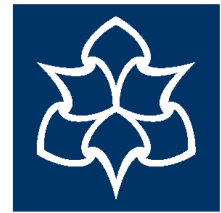
'I think you do get a little more comfortable within yourself'.

APPENDIX C.7 DEBRIEFING

Debriefing Letter

Mohammed S Malik

Faculty of Health, Psychology and Social Care
Manchester Metropolitan University
Birley Building
53 Bonsall Street
Manchester
M15 6GX



**Manchester
Metropolitan
University**

Contact email address: mohammed.s.malik@stu.mmu.ac.uk

Study Title: Promoting Positive Body Image in Men: A Focus Group Study

Dear Volunteer

I would like to thank you for your involvement within the current study. You were invited to participate because you matched the selection criteria, i.e. were male and over the age of 18. In this study, you were told about previous work conducted by the facilitator on male body image via a presentation and were encouraged to share your views on the outcomes of both qualitative and quantitative research findings. You were also encouraged to express your thoughts on how body image could be improved in men based on this information. The aim of this study was to understand men's views on how to promote positive body image in men. As a result of your input I am pleased to say that this aim has now been met.

If you agree with your focus group data to be used for the present study, it will be utilised alongside other data obtained from other focus group discussions that will also have been taken place for the same purpose. Nonetheless, if you do not wish for your data to be used within the present study then you are entitled to have it withdrawn from the research, without any consequence, on condition that this request is made no longer than three weeks after the focus group is conducted.

If there are any complaints, concerns or questions that you may have regarding this research please do not hesitate to make these known to the project supervisors: Professor Sarah Grogan (phone: +44 (0)161 247 2504 email: s.grogan@mmu.ac.uk) and Dr. Jennifer Cole (phone: +44 (0) 161 247 2557 email: j.cole@mmu.ac.uk; Faculty of Health, Psychology and Social Care).

If you are interested in this area of research, and would like to read on, you may want to look at the following material:

Grogan, S (2010) 'Promoting Positive Body Image in Males and Females: Contemporary Issues and Future Directions.' *Sex Roles*, Vol 63 (9) pp. 757-765.

I hope that participating in my study was an enjoyable experience for you. Nonetheless, if for any reason you have been affected by any of the issues raised within the present research and require support then there are details of counselling services below which you can contact.

MMU Counselling, Health and Well-being service
Manchester Metropolitan University
Room 1.13
New Business School and Student Hub
All Saints Campus
Oxford Road
Manchester
M15 6BH

Contact number: 0161 247 3493
Contact email address:
counselling@mmu.ac.uk
Opening times: 08:45am-12 noon and
12:45pm-4:30pm

Oakwood House Counselling and Training
Grove House
104 Kennedy Road
Stockport
SK2 6EY

Contact number: 0161 480 0882
Fax: 0161 601 3536
Contact email address:
info@oakwoodhouse.co.uk

B-eat (Beating Eating Disorders)
Helpline:0845 634 1414
<http://www.b-eat.co.uk>

Anxiety UK
Helpline: 08444775774
Opening times: Monday to Friday
9:30am- 17:30pm

Contact email address:
support@anxietyuk.org.uk

Direct Counselling UK
Contact number: 0333 200 7206
Opening times: 9am-5pm Monday to Friday

APPENDIX C.8 FOCUS GROUP TRANSCRIPTS

APPENDIX C.8.1. TRANSCRIPT OF FOCUS GROUP 1

Transcript of Focus Group (no 1) – participants included a 75 year old man and a 28 year old man

I: ...phd student, erm, in Manchester. And I, I'm doing research, my research is basically looking at how, how guys umm, look at their bodies, and feel about their bodies as they age, and, how they feel about their bodies at different points in their lives, there are a lot of issues umm, men suffer from, umm problems like muscle dysmorphia, which is a, is a psychiatric condition...

P1: Yeah

I: ...where they think they are not muscular enough. It is a bit like anorexia with women..

P2: yeah

I: ...women look at themselves in the mirror and think they are not skinny enough, they don't eat, they may engage in self-induced vomiting and they are doing a lot of unhealthy things to make sure that they are skinny, and guys are doing the same, they're taking steroids, they are taking supplements, they are doing all these other stuff, so it is really important that we speak about these issues, so that we can come umm with a plan to, you know, promote positive body image in men, so I have already carried out two studies, umm, where I have interviewed guys, my-my first study was to do with guys in their 50s and 60s, so I have basically got them, to sit down, and they brought in pictures of themselves and they were 20, 30, 40, 50 and they spoke about how they felt about their bodies at different time points, they reflected on when they were in their teenage years, and the other time points, and I found some really interesting things, some of the things that they said I have written on these cards. So, I am going to start with giving you this card here, so this is something that the guy said when I asked him about how he felt about his body when he was in his preadolescence, which is probably between seven and ten.

(Pointing to the quote on the card)

I (cont'd): This was his response.

(Pause as respondents read the quote off the card).

I (cont'd): does this resonate with you? Does this, was this how you probably felt when you were around that age?

P2: yeah of course... before what? Seven to ten or twelve? Before a teenager yeah you don't even...

P1: you don't look at your body...

P2: you don't have a clue yeah...

I: (questioning P1) what about you? As in like you belong to a complete different generation, as in like...

P1: no I was thinking to be athlete, you know, athlete and muscly and comparing myself to, maybe... depends on the, err what do you call it surroundings, if you were living in the society where, yeah something like that, the area where I lived yeah, where we used to live yeah, there were at that time, period of my life, there were very-very, err what do you call it, impressed or, taken by the body building and thing like that...

I: what at this age?

P1: no, I am saying the people around us...

I: oh okay

P1: The elder people, so you are automatically, you listen, your ear because, it is, err, what do you call it...

P2: what he is saying is...

I: yeah-yeah I understand

P1: ...when you go to the shops people sitting on the coffee shop, or on the pavement, talking, and-and, when you are young and you pass by people walking, muscles and, and it was this phase, at that period of time...

I: so, if you tell me a bit more about where you...where you grew up so, because I am kind of taking a picture of okay so...

P1: I was brought up in Beirut, in Lebanon.

I: Oh right, so were these- were you exposed to this kind of culture at the age of...at this age?

P1: not exposed, I mean, you meet them in the street, you know I mean in our area, our lives are completely different like that, not in the house, your life is on the street...

I: okay

P1: even the women and the men when they finish work they come and sit in front of their doors

I: okay

P1: and it is the local area, it is not like you know here

I: okay

P1: I don't know whether you know these things, or whether you have it or not, but this is the way they live, in that part of the world.

I: okay

P1: they are not isolated, you know, oh you close my door and that is it! No. In the evening we see everybody open the door and sitting on the door, putting a chair and sitting on the door, having his coffee, having his hukka (smoking pipe), and everybody passing by saying hi, hello, and err, you know that kind of life they have, you see, is-is completely different to here...I'm sure in-in Pakistan or India they sit there and have the same thing, in the country side they don't close their door.

I: more collective societies as opposed to individualistic...

P2: yeah

P1: everybody lives together, yeah...

I: so as a seven year old, between seven and-

P1: we were watching people, this, the elder people

I: so you were still...

P1: 18-19

I: so you were still aware of...

P1: Oh yeah, of course, walking and the competition showing, and the showing off and all these things...

I: but did seeing those things...

P1: yeah...

I: make you feel a certain way?

(Pause)

I (cont'd): did you feel, you wanted to do that? Or did it not matter at that age?

P1: no it didn't bother me at that time, no.

I: okay.

(Pause)

I (cont'd): when did it start bothering you guys?

P2: at 13, 12-13. At 13.

I: why?

P2: S-s-soon as you start hitting puberty...

P1: you start growing, you are showing off...

P2: yeah...

P1: your appearance, you impressing people, impressing girls, impressing people...

P2: attention, you get attention and people start noticing things about your body and it makes you more conscience, it's like yeah...

P1: that's all people see (referring to the body) they haven't spoken to you, so they do not know, what are you. What is your opinion, whats, err, how you think so, they look at your figure, so, I want to impress the other in this way.

I: how come all of sudden you want to impress someone, what's the-what's the reason for, impress, when you mean impress you mean impress girls right?

P2: girl..yeah, girls-friends

P1: no! it's personality, you know, I want to err, improve my personality, my err, existence.
06:08:...

P2: what you saying this age here from 7 till preadolescence

I: yeah

P2: you don't...

P1: all you do is sleep and play

P2: you're still, you don't have, you are not aware of the world really, you're still cocooned like, your body is your body, you're fed what your parents feed you, you know you don't, when you get a bit older into your teens, say 13, get a bit more independence and you start becoming more conscious about yourself.

I: so you guys have mentioned something very important there...okay so (show quote) read this quote, tell me if it-if it makes sense to you.

P2: (reads quote) 'you don't want to be like that guy who is left behind every time and nobody wants to pick on for their football team'.

I: as in, you said you wanted to impress friends as well, so, have you ever-have you ever experienced that?

P2: I mean thankfully I have- I was never the last one to be picked for football but, I can understand the feeling of being picked last, to be honest, I wouldn't imagine it to be a nice feeling but, it is what it is.

I: okay, erm, does this (show quote), does this quote have any resonance, to you guys?

(Pause)

I (cont'd): I mean it is similar to this quote over here (point to another quote) but it is kind of worded a little bit different.

P2: (reads quote) 'if you can't do certain things, dress or look a certain way, you're not in'.

I (cont'd) it doesn't have to have any resonance

P2: Personally its doesn't, it has never affected me, I never really followed, so I didn't...

P1: I mean-I mean for this one I was not picked up but not because of my physical, or mental or, it was something more political, my nationality. In the beginning it was affecting me, I just err-overtaking these things, it makes me stronger...

I: okay

P1: to make me prove myself that if I was not picked up because of my nationality, I can do something else.

I: and this was during your teen-young adult...

P1: teen oh yeah

I: (asking P1) and where were you at that point, like were you here were you back in Beirut...

P1: no, I came here very late, I came here in my 30s.

I: okay

P1: so...you see that makes me stronger and makes me what do you call it erm, stronger personality and know what I want and fighting for my, for your right...

I: okay that's very interesting

P1: Yeah

I: because it has nothing to do with appearance, it had nothing to do with ability?

P1: No

I: do you think you had good skill

P1: that's what I am saying, I was very good err, athlete, a very good gymnast, cyclist, I was everyth... even in my teens, but I was not picked up because of my nationality. In Lebanon it is different completely, because they do not have...

P2: first it was just purely about ability, if you were good at football then, you'd get picked first, if you weren't then you'd get left.

I: So when you say good at football, so how do you decide if someone is good or not, like in general doesn't have to do with this, when you are picking someone for a team, what-what do you see or observe that makes that person good to be enough to be in your football team...

P2: I mean obviously as kids, or as, yeah in school as kids, its, everyone plays together so you see, who is good and who is not, who is scoring...

P1: somebody is scoring, somebody keeping the ball, things like that...

I: so it is to do with the physical side of their bodies, more than their appearance

P1: I mean, yeah of course it has nothing to do with appearance. When it comes to sport, it has nothing to do with what you look like, it is how you perform.

I: okay

P1: and erm, but in with football physicality (referring to appearance) isn't such an important part of it. I mean you don't have to be so muscly to play football, or you don't have to be you know, so, I don't know how to say it but...football has come in different shapes and sizes so its not like, its not a certain type they to appear as.

I: okay. So, we have done three of these (referring to quote cards) ok, so this one now (presenting a quote).

P1: (reads quote) 'Once you have kids, it's very-it's harder to find the time to do those things, to counteract it, to go out and exercise.'

I: I mean you have both had kids, you have got a kid here (talking to p2 (father) about p1 (son)) and you have a kid now (talking to p1). So now we are leaving the period of 'teens', and we are heading into marriage life. What's-what's body image like-at that point?

P2: to be fairly honest, I have to-I have to agree with this. This one (pointing at the quote) because I have always told myself that, if you haven't got the time, then there's no point of even starting, you know what I mean, because you have to be dedicated to be able to-to achieve that-these kind of results.

I: okay

P2: getting into shape, getting a good body you do need time and effort

I: but what-what-why-

P2: with kids-with kids obviously it's, all kids are different, they do tend to take a lot of your energy, and your time, most of your time-working at the same time, and you come home, you got to do the kids and still look after the house, please the mrs and just...

I: but is there something always playing in the back or does it not matter anymore now that you are a father.

P2: erm, I mean every now and then you do- I wouldn't say it is completely out of my head, but it definitely is not at the front of it and it definitely doesn't-its not something that worries me so to say.

I: okay. And how about you (looking to p1) as in like when, p2, or as in when you got married or when you had p2.

P1: we had p2 after two years, or three years of our marriage

I: okay

P1: no, I didn't, I don't think he was in my way in anyway. No... we had help. I was playing squash and I did not stop playing squash.

I: when you say you had help, what kind of help? A maid?

P1: my parents...our friends...so it wasn't that- and my wife, whenever I wanted to go and play, she would look after him, when she was working or going out, I used to look after him. So everything was, worked...so it wasn't a problem to me, no.

P2: I mean obviously I still find the time to go and play football or...

I: oh you do?

P2: yeah, but its not a regular so, if I'm lucky once a week.

I: that's still quite regular, once a week... well I consider it.

P2: yeah I mean, football wise yeah, if we are talking about like, gym and stuff then, no.

I: (question directed at P2) so before you had (name of child) was this the case? Did things change before you had (name of child), or did the things change before you got married? Because that's still a difference, like before or-when you're married were you still doing the same things that you were doing...?

P2: Umm, its become less since I've got married and since I've had (names his child).

I: okay- does...

P2: before I used to play definitely, I used to play once, maybe twice a week, pre-marriage...

I: right

P2: and obviously when I got married, it went down to like once a week...

I: okay

P2: and then (child's name) came and now if I am lucky its like once every two weeks, once a month maybe

I: okay

P2: I mean it might not be directly due to having my son but there have been times where I have missed out because...

P1: (looks at p2) lazy...

I: that's an interesting...being lazy? So is it that you don't have time or is it just a matter of laziness?

(All laugh)

P2: its not about, I mean, in terms of football, I'll always go out and play football... if I was able to, id always go, but like I said gym, like, a regular thing where im going training everyday or, every other day I don't think it would be possible, with the work...

I: and that's not bothersome?

P2: For me now, personally, no.

I: would it be bothersome for you? (looking at p1) as in like...

P1: no because I mean, okay I mean when-when I had p2, I missed on something but I was enjoying him, you see so, it is something, err so you are not losing you are winning. With the son, you are enjoying, with children very very much, as much as you...therefore you stay with them, no one is forcing you to stay

I: because the guys that I spoke to in the previous interviews made it sound, like, the kids were an obstacle in the way of achieving the certain ideals, I mean, some of them, I'm not saying that was the case with all of them, but it appeared to be that they were-I mean they didn't complain but they said, almost because of this, I wasn't able to do that-but it was always at the back of my mind, so...

P2: No for us, that's the thing, kids always come first, body is...you can work on that.

I: so you can work on that? When you say you can work on that are you referring to a time...

P2: maybe when he starts going to school and stuff, he's not under our, care or supervision

I: so you can, you can do that then...

P2: yeah he's always-with kids if you miss something out then, that's it, you're not going to get it back, with your body you can always...change.

I: okay

P2: You know what I mean, you've always got time to fix-to fix yourself. But you'll never miss the stuff that-that your kids will do, that you missed the memories

I: okay. Right, this is another quote, which is kind of similar I think we kind of covered it...but you can still read it, if this makes any kind of sense to you with respect to responsibility...

P2: (reads quote aloud) 'paying the mortgage was crucial, putting food on the table was crucial, having a roof over your head and paying your bills was critical. Having a gym membership from 50 to 70 pound a month, not good.'...yeah, once you've got more responsibilities ...

P1: priorities

P2: yes priorities.

P1: I mean you can do that exercise without paying that 70 pounds. If I want to exercise, I can exercise without paying...I never in my life been to a gym...

I: how did you do it? Actually, I'm actually curious.

P1: like I was saying, I was a gymnast, and then I was playing tennis, then-I was playing all kinds of sports, doesn't mean I have to go and build my muscles because-with these things, being a gymnast, you build your muscles and it is over there, it starts pumping...it goes, not stays, you see.. I am still working, I am 75 and I am still working more than him

I: okay (looking at p2) same here. Okay. So now, these guys went from family men, to being divorced (pass over quote card).

P2: thanks man. 'you suddenly look at yourself and think I'm divorced and err you think, I wouldn't really fancy me either, if I saw me now, so, I'll do something about it'.

I: so these guys became divorced, I don't know if you or... god forbid, I don't know if you have been in that situation?

P1: no

I: are you still with your partner? (to p1)

P1: my partner, my wife is dead, yeah, I am...

I: okay, so, if we had to reword that from divorce to, probably...if you are comfortable talking about it...

P1: yeah

I: erm, so instead of saying like he was divorced, when you lost your partner, how did that bring your body, did your body matter at that point?

P1: I did not think about it at all. Up until now I don't think about it.

I: that's good though.

P1: doesn't really come, at all.

I: so from the time you lost your partner to getting your next partner, what was important to have?

P1: thinking about my partner. The old one.

I: okay

P2: he wasn't really focused so much on that.

I: so the body doesn't really have a part to play in securing a partner...

P1: no, no, no.

P2: well in his age it wouldn't really matter, because...

I: why not? As in like, what other things, are important then?

P1: for me I mean, my-my son, my grandchild, my family, and there is so much family, I mean my partner comes...third or fourth.

I: okay

P1: she does not come priority like my first partner. My first wife.

I: okay. No what I am trying to ask you is that, when-when that happened when you lost your partner, when you found your new partner, did it just happen? Like as in, did this-did this person have no expectations, I mean how do you both connect?

P1: no, in my case it was a completely different story...in my case I didn't lose my wife and then I went and find somebody I don't know...mine is a completely different story. It was somebody I know before...

P2: She's not interested in your body though...

P2: No, no. no, no. It was more to do with memories, because we went out for quite some time before I got married

I: okay

P1: we had memories of going out and a lot-long life-so it wasn't a matter of, as p2 said, this body business no, mainly it is a partner, a companion, somebody you are sharing memories with, things with, ideas with, so therefore in my case it was different, 'cause it wasn't somebody-ok so I lost my partner, went out and found somebody, that's it, oh...

I: okay, so lets just say, hypothetically, lets say you were divorced, or you were (looking at p2), do you think, I mean, I do not want to impose, I mean it doesn't have to be this, there are so many people thinking differently, do you think you would become like this?

P2: I think I would personally become more self-conscious, yeah.

I: and why is that?

P2: just because when you are out there looking for a new-new, if you have to, if you're in a position, or if you have to find someone new, and, you don't want to be, I wouldn't say perfect but, if you're looking for something good then you would want to be able to give something good at the same time, so.

I: okay

P2: Does it make sense?

I: yeah-yeah-yeah! It does. It makes perfect sense. Do you agree (asking P1)?

P1: no, usually when, if this case happened, you'll find that the person, is looking exactly for somebody exactly like the one they lost.

I: okay

P1: you start comparing, you know, in appearance, in the way of talking, in behaviour, in the things she likes...

I: that's interesting. What I'm trying to say is, is that erm, I forgot what I was saying (all laugh).

P2 (speaking to p1): if you have to, in your position if you had to find a new partner...

P1: yeah

I: and you didn't know this person

P2: and you didn't know this person, and you were out looking for somebody knew...

I: would you at that point, start thinking, okay, I need to sort this out. Imagine you didn't have this person, do you think at that point, or do you think why other men would think that?

P2: start going to the gym...

P1: there's a lot of people that do things like that, but not everybody. For me, no.

I: do you think it's a generational thing?

P1: because I know I'm not, you know, in my generation I wasn't that tall, I wasn't that good looking bla bla bla. Right, but I was, you know, I was doing very-very well, I mean, friends and girlfriends, and things, I was doing much-much better, than people who are doing bodybuilding, and were good looking, and so therefore I have a self-satisfaction, so I am like that, you want to be like that, fair enough, you don't want to be like that- I'm not going to grow taller.

I: (looking at p2) don't you just wish we thought like that!

P2: of course.

P1: I'm not going to grow any taller. You want me like that-you want me like that, that's it.

I: but it's still interesting, because he still grew up, with seeing people still doing body building and stuff, we still see that stuff, obviously on the TV for e.g. but funnily enough we still get more affected, unlike the previous generations.

P2: it's because he's past that now though. I'm sure if he was at my age he'd be saying the same thing.

I: but were you though?

P1: it depends-it depends on the situation that you are in. Now I mean-we were, we were living in a very, very difficult situation, socially financially, all these things that we have, we have more important things, to think about, you have to study, you have to work to get-to pay for your school and all these things, you can see that people they're just sitting and relaxing, doing nothing and getting the money and you're not. You know what I mean. There was no fairness at that time, you were not treated fairly...

I: before I move on to the last two quotes, I do want to go back to speaking about your adolescence, where you both mentioned that appearance didn't matter, and that once we go into our teen years, want to impress girls- at that point, how important was it even for you at that point-what was the intensity of that, because from every other thing that you've said about other points in your life, you were just very laid back, kept bringing whatever, if I look good-I look good, and if I don't-whatever. Was that the case when you were a teenager? (asking p1)

P1: during teenage years, you start getting dressed more, more than the body-business, you know what I mean, my body was fine, you see, I don't need to do anything to my body, in my teens. As I said, because I was playing sports since I was very young, so my body was not erm, I didn't need to change anything.

I: okay

P1: only appearance, only the way I dressed.

P2: yeah I think I was probably the same when I was a teen. Yeah, because you are more actively doing more sports and everything...

I: and that brings about subtle changes in your body

P2: yeah

P1: yeah that's it. You're not fat

P2: yeah, like you said, its all new isn't it? You're just a teenager, you start to feel for the world, you start to see, yeah, that's when you become more aware I think, 'cause you become more aware that girls and whatever are, interested in you like, I don't know, like, there's something-there's something inside of you that tells you that you've got to be, maybe go that extra mile, maybe just try a bit harder, to impress. I wouldn't say there is a reason behind its just-

P1: natural

P2: I suppose it's natural.

I: more developed brain.

P2: yeah.

I: so this is a quote here (present quote) 07:17.12 'I still do my long walks, I still do running when I can, I still workout before I go to work'. Now this was a gentleman who was in his, I think was in his 60s? and he was talking about his current body image and how, health was more important to him than appearance for him, personally.

P1: it is very true. I don't care about looks...I dress all day like this (pulls on his t-shirt). I'm in the garden working and walking...

I: and why-why do you invest so much in walking around and what-what-what...?

P1: Health! Health-wise...07:52.37 that's all. To stay healthy, yeah.

I: and was that your mindset right from the onset? Right from the beginning? Were you always health-conscious, or when did you start becoming more health conscious?

P1: I was health conscious all the time, then when I had a break of lets say five, six, seven, eight years, when my wife was six, and I just ignored everything and became fat. When I lost her I just went back to...

I: taking care of yourself

P1: yeah

I: (talking to p2) are you health conscious?

P2: errr, yeah, I think I am, to be honest. Yeah.

I: I think you're fine. Personally I think you look fine, but does it ever come to you that, oh, I need to...

P2: sometimes, on a day to day basis probably, I would be aware- but, in general, I'm not too, too bothered to be honest. I mean, with my work, I do-I do walk a lot, so I get the exercise, it's just, like working out and stuff like that I don't-I don't think I got time for that. If I can exercise, I would...9:11.85 I do stuff at home, just saying, unconventional exercise, so its not like...

I: keeping active

P2: keep yourself active is the same, I mean I wouldn't dedicate two hours everyday to go to the gym, something like that.

I: okay

P2: but yeah, I try to be healthy. I do.

I: okay. This was the last theme that came out of this, and it was the theme of body acceptance. But these men found body acceptance when they got to the final like, talking about the current body image in their 60s. from what you've said, you seem to have accepted and appreciated your body across your lifespan.

P1: yeah.

I: (talking to P2) would you say that's the same for you?

P2: I think...

I: up to where you are now.

P2: I mean, I'm definitely comfortable with myself, I wouldn't sit there and worry about it and cry about it. I sometimes you do look and think yeah, if I could be I would, I mean if it was given to me like that (clicks his fingers), like if I could click my fingers and do it, then yeah of course I would change...

I: what would you change?

P2: I'd become a bit-I'd become a bit taller, maybe a bit bigger, like flatten my tummy a bit. But that's...

I: what do you mean bigger?

P2: as in, you know what I mean, a bit muscular maybe.

I: why?

P2: why not?

I: no but why? I don't know.

P2: just appearance-wise it's...

I: what's so good about being muscular

P1: to impress people. That's the main thing.

P2: I mean I wouldn't want to be overly muscly but I just, I think I've got quite a slim figure so, I wouldn't-I wouldn't mind being a bit heavier.

I: okay, I get it. 11:10.59

P2: so if I'm a bit bigger, I mean, it doesn't have to be pure-pure muscles, just, you know, just a bit-a bit more weight in the right places, not just on my belly.

I: no I understand

P2: more comfortable, I mean not 100% I mean I'm not, i-I would walk around the house without a top no problem, its not a problem.

I: okay, but you wish that you would...

P2: It's only that, I mean I don't even wish it. 11:35.35 I'm just-I'm just saying, if it was an option to do it, then, why not. But its not something that I'd strive to do 'oh god you know I have to get bigger, I have to do this'.

I: but if you could you'd just (clicks his fingers) you would...

P2: If it was an option to just do it, you know then, why not?

I: if you had an option, would you? Does it even matter?

P1: I know that doesn't happen, it isn't going to happen so I don't think about it (laughs).

I: (laughs) but if I-I-I gave you fingers you could click, and it happens!

P1: I don't know, now in that age, no, maybe, if I was younger, then yeah, I would definitely be...

I: I've got a wand, and you can do this...

P1: I'd say-I'd say I'd want to be a little bit taller, that's all.

I: Okay, that's-that's an interesting theme here, about, when it comes to appearance, there's something about-something about height here, that I am finding interesting here, and that is coming out of this interview.

P1: no because I was very short, I mean, when I was in school, and was very young, very tiny, very petite.

I: what's wrong with being short?

P2: nothing

P1: no in our area you know, when you are young, you want to be, like the other people, tall and that's all.

I: do you get teased about your height?

P1: sometimes yes, 12:59.16 in some societies. It's not that important.

P2: yeah you do still get comments, I'm not going to lie, but, obviously in a jokey way. It doesn't affect me.

I: good.

P2: but, its just that, if you have got an option then, everybody wants to be what they are not. If you ask any fat person, they'll want to be slim, and any slim guy would want to be bigger, tall guy would want to be, shorter I guess...

P1: yeah nobody is satisfied with what they've got.

I: okay, so that was study one. There was only one-there was one important thing which came out of my quantitative project, my second study and I did questionnaires with them, was that younger men were more invested in their appearance, than middle-aged men, so they took more time. So I have two sitting here. (Looking at p1), does he (p2) take more time to dress than you do?

P1: oh yeah

I: (asking p2) do you?

P1: yes he takes ten hours to shave and-moustache and, yeah...

P2: yeah I think, yeah, probably

P1: I shave with my eyes closed, without even looking at the mirror. He's not like that, he wouldn't go out like that.

I: that's amazing, I would love to have a mindset at that point where I just don't care. Like as long as you are clean and...

P1: yes that's it, as long as you are clean.

I: would you just get up and go?

P2: I do get up and go.

I: like to work and stuff.

P2: erm...

P1: sometime you have to be different

P2: I think...

P1: some requirements for work

P2: sometimes I do just get up and go but most of the time I do like, to look nice.

I: okay. Just one last thing, erm, that I want to erm-want to umm, ask you now. How do you think that, after listening to what all of these guys have said, and from your own experiences, how can we promote positive body image in men? As in there are men out there that don't think like you. There are men out there that are very preoccupied with their weight, with all

that, and there are no right or wrong answers. If you had to think about, what can we do, what can peop-what can men do to not be so bothered about their bodies.

P2: that's a hard one, I think.

P1: early awareness, of their body function, yes early umm, it's your body, you need to look after it...

P2: just be aware that you've only got one body and you need to look after it, health-health-health wise. You-you need to try-try and be healthy. But, in terms of, you saying, becoming 'muscular'. Do you think-just-to-to impress people, I wouldn't...I think it brings more headache than benefits.

I: okay, that makes sense.

P1: because in our area they said all these bodybuilders have a lot of muscles but there's nothing in it...

I: okay

P1: which is very true 16:31.81

I: why-why do you think...

P1: all they're thinking about is their muscles, but they do not know what iss going on around them, whether they are doing the right things, or the wrong things, they don't think about anything in this world, they don't see in front of them

P2: if you've got-if you've got other attributes to you-to yourself, to your personality, then I don't think, your-your body shouldn't be, something to be concerned about, do you know what I mean, you shouldn't. Guys should be told that just be comfortable with what you are doing. Even with women nowadays it's the same, they are trying to promote as well...

I: positive body image for women

P2: positive body image for women. guys are always, a step behind-behind the women, you know.

I: for this kind of research

P2: yeah. Like, with women it's more out there, they're more open, so more women are aware, with guys its more of a-push it under the carpet sort of thing.

I: why do they brush it under the carpet?

P2: guys don't-I don't think guys are still comfortable to in talking about them-themselves, they appear to keep their problems to themselves. I wouldn't say you know guys would go out of their way to talk to their friends and say oh god my body is like this, you know. They keep their problems to themselves I think.

I: why wouldn't they...?

P1: its just natural...

P2: its just natural yeah. I don't think they have been brought up to, guys are more...

P1: secretive

P2: yeah, not secretive, tend to keep their main problems or issues inside themselves and they're not so expressive as well, I mean a woman would confide to their friends and say, err I dno, don't want to give examples, but...

I: yeah

P2: women are a bit more open with each other than guys are with each other, that's the thing.

I: so do you think, being open is considered as a feminine thing? Being expressive is being a feminine thing?

P2: I wouldn't so much say feminine, I don't know...

I: they (men) just don't do it...

P2: guys just don't, its just nature...

P1: it's the nature!

I: do you think they should?

P2: I mean, there are guys that...

P1: not to that extent, yeah...

I: there are guys that do, I don't know. I know a lot of people that do. I wouldn't. I: do you think that would help promote positive body image if guys did talk about it like 'oh dear my body...' like do you think if it was acceptable they should be able to talk rather than keeping it inside them 19:15.44

P2: yes I always think that talking is better than keeping it inside. So if you can...but at the same time I don't know if you'd actually achieve what is, if you'd actually achieve that promotion because it's something that, I think the media has a lot of influence on-until they don't stop promoting what they're showing on TV then-5-10 years ago there wasn't this whole image about bodies, and tattoos and, obviously all this stuff...all these shows and stuff in the papers, all they are trying to do is 'oh my god, this person looks so good! What has she done to lose all this weight? This person is so good, check out his abs!' it's like, as a kid, or as a teenager, as an adult, you are looking at these people...maybe you don't aspire to be them but you look at them, and you think, this is all you see, so, this is what you supposedly should be like...you feel like self-conscious, you're gonna be-you're gonna be worried 'I wish-I wish I was like that', if you're fine, you know what you want, just ignore it.

I: that's good erm, I'm really pressing for time erm, but thank you very much- do you have any questions about, erm, this?

P2: what do you think? I wana see what you think.

I: me personally? Erm, okay, so, erm, about what? As in specific...?

P2: do you think that there should be doing more to promote...

I: well there's definitely a problem. I mean, there's men being diagnosed with muscle dysmorphia, which is a psychiatric problem, so they officially, when they look at themselves in the mirror, they can be very muscular and still think that they are skinny. So what they keep doing is, is keep doing it and then-and then going to unhealthy lengths to take steroids, to take supplements, excessive exercising, all of these things are actually bad for your body, functional-wise, health-wise...

P1: sorry I just remember something once gave me some confidence, in my body. I think I was about 16-17, very skinny, very short, very tiny. One of our friends needed an operation, and they needed some blood for him, so you know- For me I said look, I'm the skinniest and the smallest one amongst them, and the youngest one compared to them. I said, 'I'm not going to say no', but a hundred percent I was saying that they are not going to take it from me, they are going to think I am skinny and things like that, little, tiny. Some of them as I said, were bodybuilders. Out of the six or seven guys that supplied their blood, they were all bigger and healthier, was me and another guy, were the only suitable ones to give the blood.

I: aww. That was because you were healthy

P1: yes. And I think that was a turning point in my-so that doesn't mean that you are big and tall...and it was with us, even when we, grew up...I said to them, you went and they didn't take your blood because your blood wasn't good! I'm the tiny-I'm the skinny one and the small one and the little one, they took from me, they didn't take from you, so don't show off.

I: wow

P1: I think-I think that was a kind of turning point at that time, that doesn't mean if you are little, or short or skinny, that erm...

I: that's amazing. Because at that point you probably realised that your self-worth wasn't associated to your appearance but it was more to do with what your body could do with rather than what your body looked like. (Talking to p2) same to do with your football, it wasn't to do with what-what-what your footballer looked like to be in his team but it was whether he could play good or not.

P2: yeah

P1: well thank you. I'll stop the recording now.

APPENDIX C.7.2. TRANSCRIPT FOR FOCUS GROUP 2

Transcript of Focus Group 2 – participants included an 18 year old boy (Liam), a 26 year old man (Ethan), a 28 year old man (Lucas), and a 33 year old man (Mason).

I: Hello everyone. Welcome. So thank you for taking part in todays study, my name is Malik, and I'll be facilitating todays group discussion. Erm, the aim of this study is to understand your views, on how positive body image can be promoted in men, erm the reason behind why you were able to take part in the current study was because you satisfy the selection criteria, erm, this is one of four focus groups that I will be facilitating, erm, the duration of the focus group is imagined to be an hour, half an hour, however long, erm, upon completing this research a report will be produced, wherein main themes from all the focus groups will be pieced together and presented, erm anonymously, so your names aren't going to be revealed, erm you guys are going to have pseudonyms, fictitious names, you can choose them whatever, you can be Tom for example, you can be Ahmed, you can be Balwinder, Casper... (all laugh), and erm, and then...erm, so yeah, so, one thing, please respect each others views, and opinions, there are no right or wrong responses, erm, its also important that you do not disclose what each of you guys have discussed here, although I can't guarantee that you guys won't discuss this outside of here. Okay, so that I can't promise you. So yeah, if you are happy with it, we can go ahead with it, yeah?

All participants: yeah.

I: So, okay, so I will quickly tell you about my first study. In my first study, I, interviewed, men, between the ages of 50 and 60 and I asked them to tell me about how they felt about their bodies at different time points, they started from preadolescence-okay, so there were quotes, there were loads of different quotes, one of the quotes that I picked up so- I'm going to pass this around, and kind of see, whether this resonates with you, doesn't resonate with you (pause). So what are your like first reactions on that? Is that something that you-that you-that resonates with you? We are talking about like preadolescence, like 7 to 10.

Mason (33): yeah I agree with that.

Ethan (26): No, I think- I, well, I think it depends its really different for say if you're a small guy you wouldn't get it much, but if you grew up and you were in an environment where people are a lot more skinnier than you are, you do get that-vibes around that time...

I: even at the age of 7 to 10.

Ethan (26): for me it was like, around that time, when I noticed I was clearly bigger than, you know, other kids, back-back home.

I: and what would they do? Was it through teasing? Was it through comments?

Ethan (26): yes and no, reason why is 'cause err, since I was bigger, there was not a lot teasing, I was the one whose- you know, you were scared of me instead of me being scared of them.

I: okay. Is that something anyone else can relate to? Like was body image in your conscious awareness at that age? I know you said (looking at Mason) it wasn't.

Liam (18): yes at that age I wasn't really much aware of my body. I just wanted to enjoy my life

Mason (33): yeah I'd agree with that, same.

I: what does enjoying life in a child's life entail at that point?

Liam (18): not having any worries. Just being noisy (laughs)

I: just being noisy (laughs). Okay, so when do you become conscious of your bodies? Like you (talking to Ethan) feel like you were conscious of it right from the onset, well...

Ethan: you mean, when-when I figured it out? There was a little bit of teasing as well, but it instantly became a fear, because I, I would get angry and I realised I was bigger and stronger than the kids, there was a little bit of teasing saying that I was the 'big guy' or 'the giant' of the group. And it became more of a like err, like a thing for me, like the big guy. So I decided to be a bit of a bully about that, people make fun of me, I'd like beat them up or something like that...

I: so you used it almost to your advantage but...well. Okay. So when, did you become aware of your body? (Looking at Mason). As in, at that point you weren't but...

Mason: (33) about teens maybe

All participants: yeah around that time.

Mason (33): I'd say around 13. I don't really remember, that was way back (laughs).

Liam (18): ... and obviously that's like, being in high school, when I was like in the PE changing rooms and like getting changed, like, 'cause you know I wasn't like in very good shape, but still at this point, being 18, I still get told I'm very big, yeah so, I'd say that my teen years, have been quite pressurising, its get to you.

I: yeah so, I know that, like a few years ago, you were probably a bit heavier than you are now (speaking to Mason) for example, so, erm, I mean like okay, let's stick to...

Mason (33): for me like it's, it wasn't about the shape, it was more like, the colour because at my school it was like, I was like the only oriental kid in the whole...

I: like racism?

Mason (33): yes. So I got teased a lot about that than anything. That's when I got teased, bla bla bla, but I wasn't big so, I couldn't, I couldn't fight back, so I closed off, but yeah...

I: so there was obviously you (talking to Ethan) could use your body for example, weight to, to kind of, defend yourself, or, almost like have that image where people wouldn't, really allow them to bully you but you (looking at Mason) felt like because...

Mason (33): yeah I got, I got...

I: because of your height

Mason: yeah

I: your body type. That's interesting because I have not really seen, when it comes to body image, it's usually about weight, and shape and size, but its not really much about race, but like it hasn't really been, something that-yes there is research out there which kind of explores cultural differences, but that is not to actually do with the colour of their skin, so to say, its just about what they believe to be beautiful in one culture and what is not considered to beautiful in another, so that's really interesting thank you for sharing that.

Mason: its okay.

I: so would you say that you became aware of your body as a result of that teasing or, before that you weren't but all of a sudden, you were.

Mason: yeah, yeah of course that would affect you, you know, I try to learn from that, you know, I try not to, I see everyone as the same

I: of course

Mason (33): because it is affected you, anyone can feel like that. So, that's why, I see everyone the same.

I: (looking at Lucas) what would you say when you were, when you were in your teens?

Lucas (28): when I was in my teens? Dno I was a naughty child really. My-my I didn't really have any affect towards my body, I was slim, always...

I: always in shape

Lucas (28): always in shape, always playing sport and everything else and always erm, always erm, yeah playing sports, playing basketball, so I didn't really have any worries about my bodies-in my teens.

I: do you reckon that was because you were playing sports and, you were in shape and...?

Lucas (28): I mean most of the time when you are a kid, most kids these days, or even kids back at my time, was err, you're-you're more in shape, because you are healthy, as a kid, you are always, active, you have got more energy, than what you do have when you get older. You know, when your body starts growing and maturing it slows down you know, your body slows down, that's why loads of people starts going to the gym, whether to lose weight, or try to put on muscle, erm, like bul up and stuff, and to make themselves feel more confident, or, you want err, change their health, or their look, but as a kid, me personally, I was, it had no affect on my body.

I: you know that is really interesting and I have to pick on that because the guys that I interviewed, around that age, adolescence, preadolescence, all they cared about was playing sports. All they cared about was playing football, they didn't really care about what they looked like, do you think that's a protecting factor towards developing appearance concerns?

Lucas (28): I mean most people that play football, any sports, if you're constantly in training or constantly playing actual games and stuff, you've always got that fitness going for your body no matter what you eat or anything, you won't gain weight or anything like that, so you won't take so much of an appearance to your body because you are always, you automatically start getting that athlete body, playing football, playing any other sport, stuff like that I mean. Unless you are someone like a boxer, or something, if you are boxer and that you need to put on muscle, you put on size because of the weight division you want to be in or the weight division you want to fight at. But playing football you would see that, most footballers are slim, because they are always maintaining fitness, you know, they are always playing games, and they eat healthy, so many things around it but...

I: is there any point- when was the point that you did become aware of your body?

Lucas (28): so I became aware of my body about seven years ago (when Lucas was 21) when I used to play ice hockey, I slipped my disk in my back, and when I slipped the disk in my back, I erm, couldn't play any sports for roughly seven months, erm, I was in a wheelchair for first-last six weeks, at first, and then, after that not do any sport or any exercise, gaining weight, start seeing changes very quick, because you are always burning fat, you know, because you have that motivation, simple, soon as you lose that motivation your body loses that motivation, you instantly start gaining weight, you eat more, you start craving a lot more, you feel more lazy, soon as you become lazy, your body will expand and all the energy you've got will slow down and...so that's how I erm (slaps stomach) put on the pounds ha (laughs).

I: one interesting thing that I do not have a card for here was, the guys that said in their interviews was that they became aware of their bodies when they became aware of people of the opposite sex or the same sex, like when they began to develop romantic interests.

Liam (18): I feel that because like my first (laughs), my first crush, I felt like- I wanted to, you know, change how I look, because at the time I thought that that was what more-body image is more of an appearance factor-but then I realised you should also look at the inside, in terms of, their personality, their characters, and also erm, body image wise, I feel social media has sort of had an impact on me as well, erm, constantly social media or watching tv in general.

I: could you break it down, when you say social media, what social media are you referring to?

Liam (18): erm, all sorts like, it could be, Instagram, any like social platforms, err...

I: (talking to other participants) do you guys feel that as well? What- you are all on Instagram? So, so, so what is it about, what do you guys see on Instagram that make...?

Mason (33): to add to Instagram, and that sort of thing, TV, like you watch all these sort of movies on TV, magazines, and, it seems like they have set a bar, yeah, like looking it back as a kid that's how you wanted to look, so yeah...

Liam (18): also, you might be following someone who is like, fitness expert or, someone, like, probably encouraging you more, to you know, on the positive side to be healthy...

I: but is it to be healthy? Do you exercise to be healthy? Is that your primary concern?

Liam (18): for me I wouldn't say, like the majority of my concerns are to- in all honesty, are to, be doing it more to, extend to, look more erm, for aesthetic, for aesthetic reasons I would say, also cause at times, I would go to the shops, to a retail store, it is hard to find my size as well sometimes, I always like to go for 2-3 size extra, so I feel more comfortable...

I: so it doesn't feel so tight on you

Liam (18): yes

I: okay. Because you mentioned sport, I am going to put this here (put quote in the middle).

Liam (18): (whispers) can I read it?

I: yeah you can read it if you want.

Liam (18): 'you don't want to be that guy who gets left behind every time, that nobody wants to pick for their football team.'

I: so does that, have you ever been in a situation where you've not been picked on a football team because don't forget these guys belong to a complete different generation, they were 60 year olds that I interviewed, and they were talking about their body image as when they were preadolescents, when they were like-their adolescence was probably like in the 50- no like in the 60s, 70s or something like that, do you think that-that-that-that is an important factor? Would you not get picked on a football team because of your height, weight?

Mason (33): I have been that guy that's, picked last, umm, but that's never really been in the back of my- to be honest.

I: and what was the reason why they didn't pick you? Was it because of your appearance, or again was it because of your race, was it...?

Mason (33): probably because of, yeah my height, probably my race, I don't know. Back then I thought it was my race.

I: but then does height really have an impact on ability? They probably made that association.

Ethan (26): 15:28.78 I think, I think it depends, since you have said football team, it is very generalised here. I would be picked on a team like quite earlier on, 'cause of my size. So it was the other way around. Since I was a big guy, therefore I would be good at being goalee, and only goalee. They would never pick me- they'd pick me first, only for that reason. They wouldn't pick me for anything else. Like I wouldn't be striker, I wouldn't be, whatever position there was, no defender, straight away be, goalee.

I: that's so interesting, because being big, is associated to, masculinity, 'big and strong', and that obviously equates in size, bulk and all that sort of stuff. That's really interesting, erm.

Ethan (26): and I think going back to that Instagram thing as well, like, since- I think it depends on who you follow, since I listen to a lot of punk rock and metal, most of the time you hear rock and roll, most of the time when you hear rock n roll, everyone is totally skinny and you know tall, but since I found metal looking at the majority of people they are like big dudes, so I had a choice of going really skinny, or being a big guy, and that's when I accepted to being big. That's probably one of the reasons.

I: that's really interesting. Who do you follow on Instagram?

Lucas (28): everyone (laughs) Girls (laughs).

Ethan (26): this whole fitness thing as well. It depends, like...

Lucas (28): yeah I follow a lot of fitness people

Ethan (26): reason why it says like, you being fit for yourself or you being fit for someone else?

Lucas (28): I mean, I follow-I follow a lot of...

Ethan (26): are you-are you...recently, me and my girlfriend, we decided as, we decided to get fit together, so it was a weird experience ...that's when I realised you are working out for yourself. Like I didn't know that before...

I: because what the guy said before was, in-in-their previous interviews was that they were all about fitness and appearance-fixing behaviours before they got into relationships, but once they got into relationships they became very relaxed, and, the weight gain came, and they didn't care about-is that something you...?

Mason (33): that was certainly me yeah (little laughter), so as soon as I- as soon as I got into a relationship, I didn't really care, I just...

Liam (18): as time goes on they become more familiar with you

Mason (33): yeah

Liam (18): they become more relaxed with you. So for that reason, they know, so they are more used to you.

I: okay so none of you here are married, okay so, the other quotes are just things you are going to imagine or- give me your reactions (shows quote), so basically, this guy here said: 'once you have kids, its very-its harder to find time to do the things, to counteract it, to go out and exercise.' Do you think, that is going to be you guys?

Lucas (28): I've already been that guy, 'cause I have raised somebody elses child

I: okay

Lucas (28): and I was a dad to someone else's child before, but its true, you do, I mean obviously the things that you do within your life, when a kid comes into it, you don't have as much time as what you wish you could, and I do have to risk a few things, well not risk but, stop doing a few things like, as in going to the gym, or going to do your sports, or your daily activities, or stuff like that, all that you have to kind of slow down a bit but...

I: is that bothersome?

Lucas (28): pardon?

I: is that bothersome? Does it bother you?

Lucas (28): I think some people- when you are in a relationship, you get a lot of- you get comfort love sort of thing, when you are happy with someone and you settle down, you feel lazy within each other, you like to go out and you do things, you wanna go eat, you wanna go cinema, you wanna do some fun, you wanna go on holiday, you want to be pigs, like you know what I mean, pig out with each other and stuff, you don't want to-you don't think of going to the gym, I mean, normally when you get an-someone has already got, like, someone who is already gym motivated and they find someone else who is already gym motivated- more likely to be motivated for as long as they are together, because they are always going to the gym, they are always exercising, they are always working out, but even if they have a kid, and even if that slows down their routine, but, I'm sure like, if like, they were still work out at home, sort of thing you know what I mean, like it shouldn't- if you were to exercise having a child should not stop you from doing-like, be able to lose weight or anything, it all comes down to yourself, because once that child goes to bed, you could do whatever, you can work out, it takes half hour to work out, you can do many things in half an hour, erm, to your body, to improve it.

I: so you think-could we say that's an excuse? (referring to the quote)

Lucas (28): I-I think a lot of things, I think a lot of things with people, is err, when it comes to weight, is, err, is mostly excuses, because it is laziness and lack of confidence, and willing to believe yourself that you can do it, it's all a mind set. If you think in your mind you can do something, you can do it, but if you don't think you can do it, you're never going to do it, you're never going to achieve it, and that's just not with your body, that's with your life in general, you know what I mean, when you want something in life, you go out and get it, if you don't go out and get it, you're never going to achieve it. You know, so it all comes down to mind set, I just honestly think that most people err are more lazy, and lack self-confidence, and think to themselves, you know what, I give up. I'm just going to be like this for the rest of my life. And you can actually change that, by trying, you try one thing every day, it will improve, you keep repeating that, you will see results, you know, it's just as simple as that, really.

I: so if, imagine, well you guys don't have kids (looking at the other participants), but taking that example, do you think there is other things.. that have made you lazy air quotes, just saying, got in the way of...

Mason (33): I think-I think, going back to that, the whole comfort thing, I think when you get into a relationship, you don't realise that, for me I didn't realise that I am coming out of shape, we are just with each other so, yeah, we both didn't realise that we were getting out of shape, but then there comes that point in our relationship where, yeah, there comes that point within your relationship where you do realise that.

I: okay...right. The rest of the quotes are really like, for guys that, obviously if we had someone else here of those age groups, but again we have stimulated a good conversation here about, kind of like, hypothetical situation or- umm, you said, how umm, you started putting on weight and you didn't really notice...

Mason (33): I mean I didn't really notice...

I: when did you notice?

Mason (33): erm, when we just both, brought it up I guess. Like, there comes a time in the relationship where we like, woah, we've both become out of shape.

I: if you don't mind me asking, are you still with this person?

Mason (33): no.

I: okay

Mason (33): just referring back to...

I: okay, so because, another thing that came up from the previous interviews was that the guys didn't realise until the point that they actually broke off in their relationships, so when they found themselves to be back on the market, the dating market, that's when they thought- so for example (present another quote) this quote over here. 'You suddenly look at yourself and think, I'm divorced and err you think, I wouldn't really fancy me either, if I saw me now, so, I'll do something about it.' So, I don't know, as in like, so, when did you, im not trying to say, im not trying to impose this, but, when you-when you finally thought, to each other, oh hold on a minute we need to do something about it, at which point of the relationship were you, did you look at each other and thought we need to do something about this, was this towards the end? While you were in a good point in your relationship?

Mason (33): we were still at a good point in our relationship and then we just worked out together, just a good activity to do with each other,

I: was that to do with the appearance, or was that to do with health?

Mason (33): that was just looking out for each other.

I: and when you mean looking out for each other?

Mason (33): health wise

I: yeah. What about you? (Asking Ethan) Have you ever experienced that in your relationship?

Ethan (26): yeah, well, there was one time, my ex before my other ex, I decided to, that's where I figured out you know, I pretty much did the same thing, I looked at myself, and especially YouTube, you see so many fitness videos out there now and marketing and all that in the media, and just want to be like, can I be that guy, can we do it? And errrr, that's why I decided to work out. I mean now I realise I wasn't working out for myself I was working out for someone else. So yeah, that's what happens. It's also about the clothes that fit you sometimes you go to the shop and they only have certain sizes, you still want to look good, you still want to be comfortable wearing it and stuff like that, it's also not about, its about the fashion you wear about as well, you change that for someone else which I did, once for someone

I: it's all about appearance-fixing isn't it?

Ethan (26): yeah it's very-very much

I: (to Liam) how does an 18 year old to umm, to this, as in like, what are your views on it, as in you're not there, have you had anything similar, or if you haven't what do you think about this?

Liam (18): I would say, err, the, when you chat body image, environment and surrounding comes into...growing up around people with different body shapes, also people have something to say you know, like, it really has an impact on you as a person, I have often looked at myself in the mirror, what they have said to me has-I've seen that in the mirror, and as crazy as it sounds, this happened like for instance I've seen like, if people say that my chest is too big, I see that in the mirror... also having like people, I have cousins like who have

metabolisms are really like fast, that's sort of like, something which has made me think, like can I be like that?

I: okay, so has there ever been a situation, sorry I am just bringing it back to this quote, has there ever been a situation where you, I don't know if this really applies to you, but- when you look at this quote is there anything that applies to you in this quote? It doesn't need to I'm just asking as in like...

Liam (18): something...I have been...relationships, when that relationship was over, I felt I could be better, like, because like, looking at myself, my body I felt like I could better myself

I: how long were you in that relationship? If you don't mind me asking.

Liam (18): 27:23.68 for a few like months, like 4-5 months

I: and coming out of that relationship you felt...?

Liam (18): I felt that...

I: actually what did you feel when you were going into that relationship

Liam (18): going into that relationship...

I: with respect to your body?

Liam (18): umm, I still felt I needed to improve it but after that I didn't...it came back to me again, I need to, you know, compared to last time, I believe I am more better in terms of body image.

I: did you ever receive any feedback which encouraged that thought?

Liam (18): umm, I, you know, I'd often get people joking around with me about my body, like oh my god you need a bra, like..

I: yeah

Liam (18): but at the end of the day I had to turn that around. But although you are turning it around, that sense of sensitivity is still there and it often tends to reinforce itself at some point it comes to you...

I: did this feedback come from that particular person? Or did it come from...

Liam (18): not that particular person themselves, just in general people that...

I: okay, like family and peers...?

Liam (18): family, peers, people in general, joking, you know...

I: see I see you've all got something which is, which actually has, or satisfies some aspects of the cultural ideal, so you (looking at Mason) I would say you are quite lean, which is kind of the new... it's not even the drive for muscularity anymore, men face dual challenges of being both muscular and lean at the same time. So you need to be broad from here (referring to the shoulders) and then you need to have taper down to a narrow waist, and then- so you guys, have got, not just to be skinny, or to be muscular, but to have both of those things. So you've got height (looking at Ethan), see, so I am just trying to picture all these things, like people would love to be taller for example, I know someone who I interviewed earlier on, absolutely amazing, look you guys all look amazing in your own way, but he had such an issue with, he was not even that short, I know short people.

Liam (18): perception, how we perceive ourselves is completely, completely different to how another individual sees us. But in terms of if I had to go out, and dressing a certain way, I was just wearing a normal t-shirt, like a basic t-shirt, I would constantly be fidgeting and trying to adjust it, does it look alright, is someone looking at me? You know I'd feel really self-conscious....

I: I'm sorry if I am like, looking like I am not attentive, I am just going to get through the last two quotes because I know that we are pressing for time as well, so-so, I'll do it in the order so, this is a gentleman (presenting quote) who said: 'I still do my long walks, I still do running when I can, I still workout before I go to work.' So what happened was-was that at some point, body image concerns became less appearance focused and more focused about how the body functioned So how the body performs as opposed to how the body looks, which is kind of similar to what I think in a younger age group when you are kind of picking someone for a football team but it seems to be still there so do you think that's something that will become concerns for you when you grow older?

Liam (18): you never know, you might meet-for instance I must've been I don't know, I was applying for a job for cabin crew... they are very aesthetically...physique is quite...in terms of-

they are able to swim for a more longer distance, that really you know, sort of like, that made me feel, I need to you know, I need to learn how to...

I: improve your body functionality

Liam (18): yeah, improve my body functionality.

I: (speaking to other candidates) do you guys agree? So do you guys think body functionality is as important as body appearance at this point in time?

Liam (18): erm definitely you do have people out there like parents who, who wana encourage you like, my dad, he-he doesn't say to me that you have got to-at the end of the day it's also you know, be very like, you know positive about your body, like functioning and you know, cut down on the sugar and erm functionality is something which comes into play when you are looking at a lot of you know, parents, personally because I would be able to want to function well, 'cause your child still you know have some like, they might have some like, they might some like err, baby coming into the family and like-if that's making any sense...

I: yeah, yeah no it's your narrative so whatever you are saying...

Liam (18): they want you to be erm, healthy because you do not know when perhaps you know...

I: so eventually erm, the theme of body acceptance came, so that was the last stage, they-they finally came to embrace their bodies, they were like whatever, you know, I'm not going to look like that, now that was in-that was men of that age speaking about their present-their current body image. Do you think as somebody who hasn't reached that age that when you do reach that age, you will be like that? And I will ask you first (looking at Mason). Do you think you will become comfortable, do you think the issue of height will magically melt away one day? Do you think it will stick with you?

Mason (33): for me the height thing went-went away-I think it is similar to yourself when you found heavy metal like around like erm, you can call him like, I looked up to him 'cause he was like this little wrestler, and he became world champion and then, I know this sounds really sad now, but it did back then umm, as soon as he did that, I was like, you know what, doesn't matter, so, from then on I didn't really care about my height. Erm, for me I am already comfortable with the way I am anyway, with my body, erm.

I: you have already embraced yourself.

Mason (33): I work out, not to-not-well, the appearance comes a lot but for me is more about stress relieving. That's-that's, it's been from the very beginning. So, when I was at school, you know, I'd get bullied, bla bla bla, I'd just go I wana work out, and it is same now as soon as I broke up from our relationship, I just stayed at the gym, it all just came naturally then 34:15.67 soon as I'm like happy, I don't work out, like, it's just-it's just that really. Umm, but I-I can see myself comfortable.

I: yeah, that's interesting. Do you think you're, let's say-50 years from now...

Ethan (26): will I be comfortable with myself?

I: when your beard will be white. Same face, but white eyebrows, white beard and white hair!

Ethan (26): I also think it depends on the cultures you see, as well, so generally people are taller, skinnier, you know everything, and sometimes you-depends on who you are with, or maybe you like someone in the group, and all of a sudden 'oh' well that guy is really cute... I wana be that guy now, you know what I mean, all these little things that...mm to be honest, getting there, getting quite comfortable with what I look like now, I think I just need more-more I am thinking now is, that I need to system down a little bit more but, overall, pretty satisfied.

I: pretty satisfied

Ethan (26): and how things were, and it also depends on what you do like, in terms of functionality and stuff like that I think it really depends on- I guess what you do a lot more of as well, like, if you are standing all day or sitting down all day. I mean there was a colleague who is not a really hench or big guy, he told me one time he worked for- office job, and he got really-really big, but then he realised that-that really impacted him to what he was doing, so now ever since he got to this job, where we are all standing and stuff like that, he's become more fit and more you know, keeps himself fit. You on top that?

I: yeah-yeah, of course. Erm, lastly and, like, very briefly, I'm sorry-how do you think erm what your body image would be like in about sevent-fifty years from now?

Liam (18): well thank god I am beginning to embrace myself right now as well, slowly-slowly. But I feel like 60 years from now I will probably will be more confident, but I am starting to, you know, it's also, generation-generation thing, as generation goes along and along and along, it's starting to change a lot now, I am starting to realise now that, the time we spent doing ourselves, not much people are out there that would be worrying as much as we do, so, I mean, I still kind of tend to reason why-why I should you know, be more, active, why should I still be you know, stay-functionality wise being able to function, probably, be healthy and all, but erm, confidence wise, I'm starting to gain back my confidence and also erm, at this age erm, currently working, I think that is sort of helping me, and I have also got people saying to me as well that they are starting to see a difference, a big difference, body wise.

I: okay so that is positively reinforcing you to...

Liam (18): and I am very grateful for that. Also if you look at erm, errrm, social media and entertainment that's also sort of improving now, because they are starting to get people erm, I shop with erm, ASOS, and they've got plus size collection, which is also- I feel really good now, just goes to show you that there is still hope.

I: they are catering for all sizes

Liam (18): ... reinforce that at the end of the day, big or small, we all are equal.

I: to wrap this up, how do you guys think we can promote positive body image in guys? I mean, you are few out of the billion that are out there, that are probably feeling the same way, or have felt the same way. If you had any piece of advice to give to guys in general...?

Ethan (26): TV, I would say erm, movies...a lot of movies now

Mason (33): true

Ethan (26): all these old actors...but things have been such a tradition type-people who are a lot skinnier, looked a certain way, stuff like that, that's why I really respect people like, Jonah Hill, he's a big guy, but he still carries on with his character, even though, you know, I think TVs a big thing, movies, stuff like that, even when you see movies now like, superheroes, name one of them who is: actually a big guy, like-like-like, as in big, as in chubby. None of them are-none of them are. Even the marvel superheroes, which one of them are big? Which

one of them are, you know, overweight? Especially the ones that they take now, you know, I guess yeah.

I: let me-let me add to that. Imagine you were talking to your little brother, or you were talking to your son, who is living in this world, which is replete with images and messages that are telling you, that are prescribing you to be a certain way and is telling you, you have to do whatever it takes, healthy-unhealthy to get to that point...

Ethan (26): well actually, my sister, so she used to be a model, she's very skinny, petite, and I am just a big, for my family I'm a big guy! My brother, he's the youngest one, and he's in the middle, he's not-he's not-he's not a big guy, but he's getting taller, he's looking good, he plays sport and stuff, and I have told him, as a joke, and I feel kinda bad for saying this as well, but I said, look, if you ate a lot more, you'd look like me, if you ate less, you look like our sister, so you're good for now. I told him that, as like, as not really a warning, I accept him for who he is, for me I do not care who he looks like, but as a joke, I said to him, you are good for now.

I: he probably internalises that acceptance for himself as well, because he says you know, because I am accepted so I'll accept myself as well, which is good. So if there is a little Mason or something, a growing up-similar situation to yourself or somebody else what would you say, just a very brief advice if you could give to anyone...about promoting positive body image. What is important? What should be important?

Mason (33): I think it's just, I know-I know it's like it's-as a kid you don't really care, like any advice you'll give will still, ignore it.

I: or as a teenager?

Mason (33): I'd just try and, just, always be there for him but umm, I think, most important thing is, to just find, somebody to relate to like, like you said (speaking to Ethan) Jonah Hill, or for instance, my situation, find that one person that's...

I: like a role model

Mason (33): yeah... pretty much. You can find that one role model, umm, then you have no reason to be- well they can do it, why can't you do it sort of thing...

I: for example, if there was a Chinese girl, or a black girl, like there is a criticism that in the modelling industry is replete with lets say white models, and when you see, Iman, Tyra Banks or Naomi Campbell, then you see black girls, and you think oh, well-she's black model, I can be a black model, do you know what I mean, so, is that-is that what you kind of...?

Mason (33): yeah, that's the sort of thing I would try to get...

I: so in these cases, there is a consensus, an agreement that role models are probably what are a turning point, so if you had to give someone advice, this is the last bit, so when you have to give advice, erm, on how to promote positive body image or just in general, what kind of, interventions or what kind of, what can you do...?

Liam (18): I would say surround yourself with good people, who would love you regardless. They will look at you from inside and the outside, that's also a major thing, role models are one thing, but having a healthy environment, in which you are happy with, and people you have to surround yourself around-and confidence as well, so that's a major-major factor for me personally, erm, also, you should use your mouth to make a difference as well-like for instance, like, nowadays, for instance YouTube, take that as a platform, a lot of body image issues are discussed, that's really good you know, it is something which we should often discuss, I feel that can help a lot as well, and that can help the individual you know to touch on what they you know, need to, it's good to you know, sit down and discuss, and if you start to do that more often...

I: talking about the issues...

Liam (18): talking about the issues will...

I: halve the problem. Okay.

Liam (18): also, erm, err, if you think about it, society can also contribute to it as well.

I: yeah

Liam (18): like perhaps you can probably, you can probably offer someone like a free membership to someone like at the gym or, they can probably fund like, free, like, which you only see happening in some communities, they have these like things, I think that can help a lot as well.

I: okay, right well, thank you very much for your patience. Umm, I'm going to stop recording okay.

APPENDIX C.7.3. TRANSCRIPT OF FOCUS GROUP 3

Third Focus Group- consisted of three participants 22-year-old Jamal, 25 year old Carter, and 61 year old Andrew.

I: erm, so in 2015 I erm, I conducted some interviews with guys, individual interviews, the men were between the ages of 50 and 60, they were retrospective interviews so I asked them to bring in pictures of themselves when they were in their 20s, 30s, 40s and speak about how they felt about their bodies at different time points. Umm, I actually took them as back as their preadolescence, and what did body image mean at that point and the rest, and this is what they-this is the first-this is what they came out with, so this, we are talking about the ages of seven to ten. And I wanted to know whether this resonates with you guys...as in?

Andrew (61): certainly at that age

Carter (25): at that age yeah

I: what were you thinking about, if that (body) wasn't what you were thinking about at that age?

Carter (25): I was thinking of being erm, star-trek captain of the enterprise, err I was also thinking about being doctor who. Erm, but no, body didn't come into it, I actually had a very supporting family so, I thought I could just look like anything, or be anything.

Andrew (61): which you do at that age yeah

Carter (25): yeah, yeah-yeah, yeah.

Andrew (61): no concept of, restriction, or erm, whats to come, or err-because you haven't experienced anything.

Jamal (22): at that age, you have no concept of physical health, and also attraction, of yourself, or of what you are attracted to. Therefore it isn't really an issue at that age really.

I: if you don't mind me asking, actually no carry on.

Jamal (22): I was just saying as I have already mentioned the things that you are more bothered about at that time are immediate-that make you happy...

I: yeah. Erm, when do we become aware of our bodies,

Carter (25): around 14-15.

I: (to Carter) and why-why is that for you?

Carter (25): I think, when you start secondary school...

Jamal (22): yeah, 11. Probably then yeah... I didn't get that, maybe even less, maybe not necc- for myself but I think if obviously this is more, erm, aimed at men or I think women and girls from my personal views...

I: why is there a sudden shift from not being aware of your body to all of a sudden being aware of your body, when you go into your secondary...?

Jamal (22): secondary school I think is probably the first time that you come into err, nudity with other people, of course proximity, and I think that's when you started seeing differences in people, not only your own awareness but that other people are different.

Carter (25): it is also when the concept of sex comes into play. And then the concept of, oh I need to hang out naked with somebody and erm, you know, all that. Right I think, I agree-I agree there is more pressure on women, there's a lot more pressure on women, about that. Erm, 14-15, if I'm honest I just kind of accepted that I looked a bit weird anyway, so I just didn't really- but that's-that's a mindset that I had, I was just like oh well-I'm-I'm not erm, I'm not an attractive looking person.

Jamal (22): I think it has a lot more to do with sexuality as well for example, if someone saw like a five year old, or a baby for example, like naked, it's obviously, not really going to look at that...

Carter (25): hopefully not

Jamal (22): but erm, as you grow older you become more aware of your sexuality, male and female, that's when you start to have more of an idea, a bit more aware of how you look... how they look at you.

I: that's really interesting... yeah because some of the guys, what they said in the interviews were-were members of the opposite sex or members of the same sex, when they got to 13-14 that's when they started to have more of an awareness about their bodies. However, that wasn't the only reason, it wasn't just to attract people, like romantic interest, but to-to-to be accepted by their own peer groups as well

Jamal (22): really?

I: is that something that you-that you felt? That you-you had to satisfy certain...

Jamal (22): well, I think-I think, at umm, actually now that I have erm, a younger cousin and he's about, he's about 8-9? And he's like gone to that point where he's put on a bit of weight, fat as it were, and I can see him-he's becoming aware, of him gaining weight, he's playing football he's become active, he's aware of his weight and...as he's gone older, he's getting a bit more shy, a bit more worried about it, he's obviously aware that he's gain weight. What does that mean? He's questioning that for example.

Andrew (61): and I also think that's a generational thing, I guess if I look at my generation as I'm- way-way older than you that concept didn't particularly exist then, it wasn't, particularly as dominant, and err, I think we started to expect more from younger people, but I also think society in what it projects, the press, on TV...

I: that's massive

Carter (25): Facebook

Andrew (61): they are far-far different, there was very little like that when I...

I: (to Andrew) what kind of exposure did you have would you say?

Andrew (61): erm, very little, you-you read comics, there was no internet, there was nothing like that.

I: ...comics

Andrew (61): simplicity then, and there was a far-far more simplistic existence then.

Jamal (25): ... I thought that as well, when you look at comics and the heroes in there but...

Andrew (61): dennis the mennis, Minnie the minx...was absolutely nothing

Jamal (22): but, with certain like characters, they are very muscular...

Carter (25): yeah but that was more America, that weren't here.

Jamal (22): ... say for example, a lot of young children, or maybe my era, before then used to watch wrestling...

I: like smackdown

Jamal (22): yeah, exactly, and someone I personally remember is watching it er-erm, having a favourite wrestler maybe like (names wrestler), so in my head, when I think back to my memories of thinking of watching him, I didn't perceive him, as someone as crazy muscular, he was like in comparison to other wrestlers he was in my head, he was like slim and he was just lean, he wasn't like massive or crazy muscular...videos of him, I would say now, but he's actually...

Carter (25): ripped yeah

Jamal (22): massive but, say you look at like John Cena and stuff like that. As a child, obviously they are muscly but they're not like, the biggest, they are not huge. Now when you have an understanding of it, you see them now and you think, wow, gosh...

Andrew (61): that type of wrestling to the wrestling that was on television when I was a child, is a world away.

Carter (25): Oh yeah, there was a fella called (names wrestler), and he was the biggest, fattest, ugliest brew to the man and he won all...because he was (recording stopped).

(Recording resumes)

Andrew (61): yeah so wrestling was a different concept, and it was just two blokes, there was nothing...

I: they have become muscular...

Andrew (61): they were just ordinary men, they weren't superbly bulky

Carter (25): yeah they were just ordinary. So can I just say, I didn't get any of this...my-my growing up I was never, err, influenced, well I liked the undertaker because of his character, his personality, this kind of scary cowboy, mysterious thing...so the way I grew up, I grew up on-on completely different things, I grew up on (names someone), was this over the top comedian, Tom Baker's Dr Who, and-and-and the thing that I learnt was, attractiveness or erm, personality are, the more flamboyant, the more interesting, the more intelligent you are, that was my way of like, connecting...

Andrew (61): those two men also were showed you that you could be different and still be...

Carter (25): ... and you could be different but could be respected in terms of-that's what I got, what I saw, was not going to the gym, it was going to the vintage clothing shop, or getting a bunny cravat, or something like that, but my-my erm, my feelings on that have become a little bit, erm, more lenient, and I am, I'm a little bit chubby at the moment, and I do, have started to respect, when I'm older, which I'm sure I'll get to, people like Stephen (something), people who have got bigger, sort of erm, better physiques and now I'm at a point when I am thinking we can't actually have both. One of the biggest examples of that for me is Jamal, he's flamboyant and exciting and great personality, and he's got a solid body as well. He's got best of both worlds.

I: (looking at Andrew) see I never knew your age because you don't look your age.

Andrew (61): aww (flattered. Laughs) I'm 61.

I: yeah, you like, as in like, that's why I was so interested in hearing your story because you've kept yourself so well, as in-is that for aesthetic, just aesthetic purposes or is it for a functional purposes...?

Andrew (61): erm, it's purely, one I actually enjoy going to the gym, but this didn't happen until I was in my 40s, and I have only done it more since I, actually hit my 50s, and, but its purely for me, and wanted to, look erm probably as good as I could for my age, err and I do work hard at it, erm, yeah it certainly wasn't for any other reason, it wasn't to try and be attractive or-because I have spent most of my life single, so it certainly hasn't been for that reason, erm, and I am still single so- you know it did-does get me attention, but it gets me attention when people find out how old I am, and then 'oh I don't believe you...you are older than my dad! And you look amazing!' which is great umm, but it...

Carter (25): that's me that actually says that (laughs)

Andrew (61): I do- want to look in the mirror and don't want to see an old guy looking back.

I: why is that? As in like-like-like, I've interviewed guys and some have seemed to reach a level of acceptance by that age.

Andrew (61): oh yes.

I: so you-so you haven't?

Andrew (61): erm...

Jamal (22): You have to naturally let yourself age, you can...

Andrew (61): yeah which I have...erm, I think the weight...

Carter (25): the weight really suits you though...

Andrew (61): erm, yeah there are some things though that are errr, unavoidable. They will never change. I wouldn't ever think of dying my hair, or tinting, so I have embraced all that.

I: yeah

Andrew (61): I just want to be erm, want to look good in...I see other guys my age, maybe two or three years older and I look at them and think 'I don't look like that'. Would I be comfortable looking like that. I'm very comfortable looking the way like me. I like the way I look. I couldn't be like a beachy man, wearing sensible trousers...

I: do you think relationships, romantic relationships have anything to do with the way we feel about our bodies?

Jamal (22): yes!

Carter (25): yes and no.

Andrew (61): I think it can, I think the way you can, erm, look, it can attract, erm, somebody purely on the physicality, I think people can look at you: 'oh my god, you're fit!' and it's the physicality that attracts people first, erm so I think it can influence a relationship, if you look a certain way, if I didn't look like this, and I just looked like an ordinary 61 year old, the comments that I get looking the way that I do, I would probably be more low key and low profile.

Carter (25): I think its all about your standards, actually, erm.

Andrew (61): yeah because it's a challenge.

Carter (25): I think there is a lot- I think the standards actually control our lives. I mean I could erm, even the fact that we are all working in here, we have a standard, right. We can all just go, oh well, 'I work in tescos' stuff but, it all depends on where your standards are. Where Andrew's standard is, he has to look like that. Its not that he should look like that. He has to look like that. And so, and because of that standard people generate a completely different behaviour. Some people when they wake up their standards are 'oh I've got to be comfortable' and I-I want to feel warm and go to café nero and get myself a woka. If you wake up and your standard is, I'm an athlete.

Andrew (61): yeah I just drink black coffee.

Carter (25): right

Andrew (61): but knowing, once you get there, you'll get your feet down to the floor, and your sneakers will be ready for you there on the floor, and your gym bag will be there and it'll all be laid down. And I think it's the same with relationships, I think it is not necessarily the

aesthetics of how you look, and erm, the relationships, its actually where that...comes from, which is your standard of living. If your standard is, I have to go out, I have to meet somebody, and all that kind of stuff, then you will make your standards a bit like, you know what, I've got time for myself, or I'm not really feeling that way about myself right now, then-it's all about your self-perceptions, those two things are interlinked, aesthetics and relationships but they actually, there are side-effects of one main thing, in my opinion, I could be wrong.

Jamal (22): I think...personally I could be wrong. I think, how you... your look your body, massively impacts erm your relationships. As Andrew has already said. So, in my personal experiences, when I was a bit younger, I was boxing, so, now I'm 22,

Andrew (61): so old!

Carter (25): I know!

Jamal (22): when I was 18/19 when I was actually boxing! I was-I was in good shape, and I was like-now, I'm average... I've put a bit of weight on, but I used to be in good shape. So when I worked in the past, and I have had compliments...I used to work as a waiter, so I'd get compliments off customers, when I wore my shirt, 'wow you look good, do you go to the gym' and I was like 'yeah I do, and I box and do a bit of training' and girls, in my experience, females been attracted to that. So it obviously appeals to them, the aesthetics, the body. And then the other side of the relationships is once you are in a relationship, how that could...

Andrew (61): and some people relax when they are in a relationship...

Jamal (22): yeah so, yeah...for me, when I was in a relationship, then I started to go down, not, for numerous reasons, one, having injuries, also my girlfriend, so I am taking training less seriously, having other commitments, other than training, and you are comfortable. Once you get comfortable, you almost feel like, you use that need to impress your partner, and that I think is something that I've learnt, which is not a good thing to do, now because... you owe it to your partner both, both ways. If you are attracted to a person at the beginning, it doesn't mean, you can let your standards go...

Andrew (61): ...keeping it is harder.

Carter (25): I mean goodness we haven't even got to the second quote yet! (laughs)

Andrew (61): I also-I also think from the community where I come from, we have sub-communities within communities and there's an expectation within the gay scene to fit into-a-family, so, if I was in America, I'd be a silver-daddy. I-I would be, considered far more hot than I am here...you've got the bears, you've got the otters, you've got the leather people, you've got the fetish

I: yes

Andrew (61): the gay scene has morphed and changed since I first came out, because there was none of that, and that didn't exist. You were just gay, then you divided it, then subdivided it, more subcultures...

Carter (25): (to Andrew) do you think erm, this is just sort of like, just out of curiosity do you think erm, with the gay community, do you think there's a bit of erm, ageism?

Andrew (61): yes

Carter (25): do you think that's a British thing or is it-American?

Andrew (61): I think it's a British thing, because, other guys, from my knowledge, in the states, uh, perceive different, but also they, probably work different, erm, I think we've only seen that over the past ten years...

Carter (25): interestingly erm, and this is the final thing because you've got all these quotes to go through. Erm, I'm actually subscribed on Facebook too erm, most of them are French, I'm not sure if you have seen any of these guys, they are French supermodels and they are in their 60s, and they've got like big white beards, they have got slick back hair, to be fair losing mine, erm, they're bulking and that kind of stuff

(Andrew mumbles something)

Carter (cont'd) (25): Yeah I guess I don't want to stroke your ego too much, but yeah, like Andrew-type deal, and I'm subscribed to them- in like, in like 40 years...

Andrew (61): (to Carter) you create your own internal-only you can change, you make decision, like my friend came in yesterday, had a conversation with Fiona and said 'Andrew looked amazing, even better than me' and then Fiona said to him, but only you can change that.

Carter (25): its true.

Andrew (61): you have to make the decision to change it. You have to want to

Carter (25): yeah

Andrew (61): and you get to a point where you go right I'm...

I: (unclear what came before this within the question)...had any relevance to you?

Andrew (61): erm, not particularly, I've always worked, I've always had a mortgage, erm, I haven't always had a gym membership, so, my gym membership is partly my special time, because I am not particularly the social person, I don't go out clubbing, in pubs and bars very much, so my fun is doing that kind of thing, it was always important to have your own home, but I came from that generation where the expectation was that you'd have your own home and you'd have a mortgage, now, not only isn't as important but I don't think it is as much achievable...

I: does that resonate with you?

Carter (25): let's-let's give the audience some context here. The quote is: '[paying a mortgage was crucial, putting food on the table was crucial, having a roof over your head and paying your bills was critical. Having a gym membership from 50 to 70 pound a month, not good'].

Well my first thing is, if you are having to pay a gym membership from 50 to 70 pound- you need to shop around mate

Andrew (61): indeed, I only pay 29! (laughs)

Carter (25): I only pay about-I mean that's ridiculous. I mean, people will always pay for what they care for. I bought erm, the other day, it's ridiculous, that I got paid- I brought (mentions name of expensive fragrance) for a hundred and twenty-five quid! It's a fragrance!

Andrew (61): it brings you pleasure

Carter (25): I love it!

Andrew (61): you've worked hard

Carter (25): yeah I work really hard, it's a ridiculous amount of money to pay for a fragrance, a hundred and twenty-five quid for a 50ml, to a lot of people insane. 13:53.22 we had a guy come in yesterday erm, he was saying 'mate, I've only got 15 minutes I want a fragrance for my wife, erm, she likes angel, I showed him (named a fragrance) for a hundred and forty for 100 ml...he called me mad! He almost kicked off, but, whatever you want in life, whether it be a fragrance or a physique, whether it be a five hundred pound Chanel coat or YSL bag, you'll want it, you'll get it, so what that person is saying (referring to quote) is all very good and well and all of these things are actually critical (referring to the priorities listed by previous participant in the quote) but, that doesn't say to me the gym is extortionate, it just says to me, he's not really that asked about going to the gym...he's not truly motivated to go to the gym. He doesn't want it enough.

Jamal (22): ...the context of the conversation... is he? (trying to understand the quote)

Carter (25): would you like me to explain it to you?

Jamal (22): no-no, in the sense that, is he making-because what the quote doesn't tell us is the extra 50 to 70 pounds, which he would have in his pocket, what he's saying is-what is he spending that on? So, if he's spending that on we've already, implied or hinted, fragrances or going out, then that seems to be more of a priority to him. So, it's not-if the quote was 'I can't afford to pay my mortgage because I have no money left after having paid my gym membership...

Carter (25): yeah

Jamal (22): err fair-enough he might have family commitments, obviously, there is a bigger picture to look at then isn't there?

Carter (25): yes

Jamal (22): that is one issue there. But! But-the point about, if he had the money to spend and he's just looking at it as just a burden, one thing is, you can get a cheaper membership

Carter (25): you can

Jamal (22): secondly, you don't need a gym membership to look after yourself.

Carter (25): it's true

Jamal (22): aesthetically, and to make yourself physically fit and physically stronger...

I: so are you saying that?

Jamal (22): so what I am saying is erm, if it is a priority to you, you will make-you will make it work, regardless of the obstacles in front of you so, for me, personally at the moment, I've got a knee injury, and, I used to do a lot of running and at the moment I cannot run at all, I'm struggling to do-I'm struggling to walk for long times, so how I am training around that, you've got to adjust to your surrounds, to your situation. So, in his-in his, in this individuals situation (referring to quote) if he can't afford a gym membership he can still take further steps to make himself look better, to make himself feel better, physically.

Carter (25): yup

Andrew (61): yeah. 16:25.93

I: what happens when you guys, come out of relationships, suddenly, and, have you ever experienced divorce or breakups or, what happens...

Jamal (22): for me, so erm, I was in a-I've only ever had one serious relationship, towards the end it got a bit rocky, and erm, I ended the relationship, and then a few months later, my partner-well, my ex-girlfriend, at the time, she moved on, she erm, she met a new guy, and he was-he was good looking, he was really good looking-handsome fella, obviously I saw pictures of him, so obviously, initially you start to question yourself, don't you, you start to think, oh right, well-why is he better than me or? At that-at that time obviously hurt. So in that sense my initial thoughts were, now I need to become the best version of myself, not necessarily to impress her or anything but, to make yourself feel better, one inside and two...

Andrew (61): the best version of me-for me.

Jamal (22): exactly yeah.

Andrew (61): I don't do it for anybody else because there isn't anybody else.

Jamal (22): and if you feel at your best version aesthetically, you feel it inside, and that will show and radiate outside as well.

Andrew (61): I also think it is slightly generational as well because at the age that I am, you can look at life behind you and think 17:52.16 do you know what, it is all air and wind, and-and it becomes priorities and choices and you just realise that you have got to invest in yourself. If you invest in yourself, you've got that feel good in yourself factor in yourself...and if you are comfortable with that, and I am very comfortable with being me, I think I'm a great me. Way more than I was when I was in my 30s. I am more comfortable than I used to be. It can make you feel very detached when a relationship breaks up. And I think some people would go a bit worse, some people would go a bit inward, some people would go a bit outward. Some people would just go out and have fun and get laid and you know, go and play in the field, whereas some people would withdraw till their confidence came back up again, everybody handle that kind of situation different.

Jamal: I mentioned earlier, when I had a girlfriend, my commitments were taken up. But now I have more time...I've got time to make myself look better to...I think a big-big theme that we've all touched on is what motivates you to be in shape, so I think, you've got to erm, to...to be truthful, I think, your motivations are right, I think. Ultimately I think, people should do it for themselves. Because-because, I'm guilty of it. One of my biggest motivations is to look better, not necessarily to-obviously one for myself, but two was to impress other people, three not to-not to be embarrassed or...

Carter (22): yeah so, I was in a really, very intense first relationship like insanely intense, errr, I had it five years, it was like we were married, and there was a lot of jealousy and a lot of paranoia, and you know, she had err, a lot of mental health issues, and then that sort of went onto me. And so you come out of that, you know, you've gone from 15 to 20, and I am thinking to myself, well that's what a relationship must be, its this intense, coronation street drama of absolute madness, paranoia and jealousy.

Andrew (61): but not (___) relationships are ever the same.

Carter (22): no, absolutely, and I didn't realise that, so I sort of went and thought, you know, just started to realise recently I would start going for people like her, who had that sort of err, I never went for someone relaxed or stable, I would always go for people who were a bit manic, a bit all over the place, and what I realised was-at that very young age, I'd got conditioned. You know I could condition to sort of accept that what it is. I think this quote is erm, quite a, I think this quote, is a very sad quote, and I think that he's got it wrong, erm-(begins to read the quote) 'you suddenly look at yourself and think I'm divorced and err you think, I wouldn't really fancy me either'- well that's just his insecurities, that just sounds like a really bad relationship.

Jamal (22): I think that's just a natural thing to feel, like in my example, I ended the relationship with my girlfriend, and when she moved on which I obviously knew was going to happen, not expecting her to be single for the rest of her life, I still felt, wow, it hit me, wow, is he-automatically you compare yourself to that person, is he better than me? Or is he better looking than me? Is he smarter than me?

(Recording stopped as one person had to leave for a short moment)

(Recording resumed)

Carter (25): yeah I mean, I look at that and I think to myself you know what, I-I don't know if I could take that stance anymore if I was in a relationship and I broke up with somebody, I would have to be a lot kinder to myself...you know what, I'm not perfect, I had a bit of rocky upbringing, with relationships, and if, I wouldn't think, oh I don't think anybody would fancy me but, yeah I'm doing my best. 00:25.29

Jamal (22): yeah

Carter (25): we all are.

Jamal (22): that-that's one thing I've learnt to do, I feel like you need to have downs to develop and learn and have more understanding- often people say, in terms of relationships and that-

one person has gaps, and the other person has gaps, and they come together to fit that whole, so maybe, I might be insecure about the way I look or my body and I need the compliments and I need that fulfilment from the other person. But what I think I learnt and realised is that relationships is not about filling each other's gaps, it is more about one person being whole, and the other person being whole, who are comfortable in themselves, personality wise, aesthetically, where they are in their lives, coming together, that-that-that would be the right surroundings, the situation, the relationship would flourish.

Carter (25): yeah

Jamal (22): yeah so, a lot of people having insecurities or being down about themselves-yeah...

I: I have two more quotes.

Jamal (22): yeah

I: sorry if I am rushing

Carter and Jamal: no-no it's fine!

I: I don't want you two to not be heard, I erm... yeah so just getting on to the next quote...when guys got to their 50s and 60s, it wasn't so much about their aesthetics anymore, it was more about whether I could still do the things that...

Andrew (61): abilities

I: yeah

Andrew (61): I think the body ages differently for everybody, but I think, the way you look after yourselves will influence the way you go. I have never ever smoked, erm, I've always moisturised, I've always drunk loads of water, I've always eaten very healthy, but I don't think about it as other people see it, like 'oh my god, you're so good-you're so good!' it's just the way I am.

I: yeah

Carter (22): yeah

Andrew (61): and I have never really been aware that I have ever been any different. It's never been a conscious decision. But I am very good, but I treat myself, I do have my treats, I do have my little slice every now and then. but I do invest in myself, because there is nobody investing in me, so it comes from me to look after me, and I kind of like that, erm...

Jamal (22): I think again it is about the motivation, the right motivation

Andrew (61): I like what I achieve and I am not obsessive 03:00.91, I've done this twice a week in the gym, I would love to go more but work just doesn't allow it. If I had a better work-life balance, which is why I have chose to drop a day erm, this year, as I was financially able to do so, and it does give you a better quality of life, so you start work at 16, and you finish when you are around 66, that's when you are supposed to go and have this fabulous life, but it

doesn't always happen that way, you don't know what's around the corner...as I am existing now, investing in myself more than I ever did...

Jamal (22): and the truth is, it is harder to do it at an older age

Andrew (61): yeah it is.

Jamal (22): come 28, physically, you're declining, your body, is physically declining, 28 is your peak, a lot of people would say, so from that age onwards, everything is harder, to lose weight, it gets harder. Biologically that's just the way our bodies work. The older you are to do that, to have that motivation to do that is that you've got to crave that...

Andrew (61): one of the personal trainers-trainers that I knew from my previous gym were way-way younger than me, I think he was about 26? He said if I'm still working out when I'm your age he said I would be so impressed.

Jamal (22): I massively agree. I look at it in two ways. For me personally, again, when I was boxing, I was training a lot, there were two things that's massively motivated me, 'cause it was difficult, 'cause I was- at that time I had college, I had a job, had to train a lot harder, I was getting up at 5:30, 6 am in the morning, long runs regardless of the weather. What motivated me at the time, one to look good, but not-at that time, not to impress other people, but it was like strike a fear, like in opponents, so obviously when you weigh in, people look at your body, your opponents will make a judgement in yourself, wow he looks in shape, his arms are big, like basically, Mike Tyson used to say, he wanted his opponents to look like his body was ready for punishment.

Andrew (61): right

Jamal (22): so for me, one to look good in that sense and two, erm, two out of fear, 'cause you need to be-its-its-you are scared. That's what fully motivates you. And I think that can apply to all athletes to be honest, you want to be at your-the best you can be. So I think, what I find interesting and I'm not sure what is going to happen to me if I continue to box eventually at some point if I sort my injuries out. I want to spend maybe my 20s, maybe my 30s training a lot, and very-very-very-hard, and after that when it comes to a point where 10-15 years going at it, you're punishing your body, and after that, 30-35 onwards, thinking, wow I've changed a lot now, maybe I can-can I enjoy myself. I've lived a life being, this-this-this an this and now, can I just, because, I think it was (names a boxer) or (names another boxer) he said emm, he's young now he said 'I'm going to invest in myself now, I'm going to train-train-train, fight, make a lot of money and when I am 30-35, I want to be sitting on a beach, with a Pina colada, with a bit of a belly on it-on me. Look at Ricky Adams, he used to go up and down with weight, after he finished, he-he's big now, and you see a lot of footballers, they put weight on, why, because they train their whole lives at-at a difficult level and now they want to relax...

Andrew (61): for me I think its been the other way around (laughs).

Carter (25): the other way around actually attracts me, I'm actually more attracted to looking like-I've got a bit of a pod, I do need to get rid of that, I'm actually more attracted to looking like-looking legit in my 40s and 50s.

Andrew (61): and I think that's more, that's more difficult that.

Carter (25): I don't know, I think I have seen more people in their 40s and 50s breaking the mould and looking fantastic, tony robins, erm, the undertaker actually, he was-he was at his peak, the best time of his career was when he was in his 40s, which is unbelievable, he's moving around the ring like a ballerina, and I don't know there's just something, I've connected subconsciously but in your 40s you can actually get to another peak, might be harder, but it's possible, absolutely achievable.

Jamal (22): I just think that's-I think that's...

Carter (25): I would be far-far more interested in actually looking absolutely fantastic 40s, 50s, 60s because I think that's the age where you are more vulnerable. And I think you need to be investing in that a bit more, and you know Anthony, is looking absolutely legit you know.

I: vulnerable in a physical sense? Vulnerable...?

Carter (25): well you are, your body...no, no, no I don't want to worry about that yet, I mean maybe that would change, but I, I think that in your 40s, 50s and 60s, you are starting to age a little bit, your erm, your brain is starting to lose its err, what's the word, neurotransmitters, like dopamine and all that! It's starting to go down, so, physically, neurologically and physiologically you are starting to get a bit weaker, so I think you'd have to compensate. I can be in my 20s and in my 30s, you know I see a lot of obese people in their 20s and their 30s, and they're going to be fine until they start hitting their 40s and then they can go, drop! Heart-attack! You've got to look after yourself. Erm, when you get a little older.

I: Would you consider yourself the right person to give this gentleman here any advice? Looking at-and I'm not...

Jamal (22): its not necessarily any advice, more, how do I put it, admirational-motivational (looking at other participants) if you look at...

I: (asking Andrew about Jamal) what would you say to him? What would you say to him?

Andrew (61): I, yeah, I would say, I would give me my advice, I don't think it would particularly be advice I'd just say, you can do it, if you want to, but you have to want to. And I do it, as I've said before, it is purely and simply for me. But I would, I think I always say to anybody where I have these conversations 'cause obviously I have a lot of conversations with ladies as well 09:34.33 who compare me to their fathers and their boyfriends but I always say you have to want to do it, and if you don't it doesn't happen. but there comes a-something happens and it-I didn't particularly care about it in my 30s and 40s, it was late 40s and early 50s when I started to do it, and now I like the way I look, and I really do want to keep it, but there are days when I get out of bed and think, f*** sake...but I would never do it as advise, I would just say look guys, you've got to think of the future.

Carter (25): yeah

Jamal (22): yeah

I: when you think about the future 10:18.58 are you referring to functional body?

Andrew (61): yeah, erm, functional body

Jamal (22): and aesthetics

Andrew (61): and ability, erm

Carter (25): I think it is also, to sort of like, round up with the whole romance thing. it's very-very easy to look at, when you are younger, to look at, big muscular guys, or whoever, or people who look absolutely beautiful and think, they're getting all the women, all this kind of stuff, but actually as you do get older, you start to realise, well, I've seen guys, who absolute-physically freak shows, and they've got beautiful women, erm, you know, on their arm, and what you start realising is that there are more shades of grey, and I actually think erm, what I've realised, is that romance and dating, if you want something, you can have a sort of fling and stuff like that based on looks, you know go into a club, a girl can pick a guy out who has got a six-pack and all that...

Jamal (22): it gets more deeper than that...

Carter (25): but, but, how long is it going to last? You know, that's the thing. The house on the outside could look like a mansion, you can go in it and haven't lived in it for many years, it looks you know, there's no depth, I think actually, a true romantic relationships, at least the ones I want, are actually down to common interests, common attributes, 11:35.57 and chemistry-chemistry, if you don't have chemistry, you could look as great as you want, but if you are boring and not compatible with that person who cares.

I: how, how do we promote positive body image in men? Very broad question.

Jamal (22): how do we promote it?

I: yeah

Jamal (22): in what sense sorry? As a society? You mean other men and how they would err...?

Andrew (61): for me I think, I think you should lead by example. I-I'm probably, somebody can look at me and go 'if he can do it, I can'. That would be a subliminal message for me. I think you have to be, who you want to be. Positivity does come from within, but you can be influenced and I think society, would suggest directions of people should go... when you look at how celebrity culture is morphed and changed over the past ten years with programs like big brother and love island, they are all very stereotypical of fixed-there is far more diversity out there that we need to embrace far more than we do, a specific look. Humanity is different, every single person is different, everything about us is different, there will be somebody who can connect with that person that you are, erm, and not necessarily just from the physical thing where I think we don't, from all positivity in diversity, I think we do it in a certain way through media. I think as a person and through interaction I do it by, you know, I can do it, so can you.

Carter (25): yeah

I: do you accept-do you accept, would you say you have accepted your body, do you accept your body?

Jamal (22): in the current state? I constantly assess my body and how im looking. So...like in a boxing sense it's a-it's a- it's a weight making sport. 13:58.49 sport is around weight-making, so you need to be fully aware of what-how my body is looking, muscle-mass, fat-mass, weight, everything, so have I accepted it? No I no my body will fluctuate, up 'n' down-up 'n' down constantly, depending on the situation that I am in, but the way I look at it is that, I think I'm willing to invest in it now, and in myself now and train and physically out of all the reasons that I have already just discussed, hopefully one for myself, two for fitness, three for attraction, and so on. And then when I go past my peak years, here's the question mark for me I don't know, how I'll be. I think, I will decline in my training I think, I'm hoping to go to a high level now, and I'll think I'll decline in my training but, here's the question I don't know, will I am, will I let myself go? Will I look at, will I be like, look like Andrew and train like harder?

I: like Greek god!

Carter (25): yeah exactly yeah.

(Andrew laughs)

Jamal (22): if I know, because I know in the immediate-I do accept, I don't accept it for what it is, but I accept that it is going to change, and I am able to let it change.

Carter (25): I think you have to come to terms with the things that you can change and the things you cannot change. Right, like what am I, 5 foot 1? Something, I'm tiny right. I'm this small guy. It would have been nice if I was a little bit taller. You know, I think it would have been attractive or whatever but I'm not-I'm not tall, erm, my hair because of my dad, my wonderful brilliant balding dad, my hairs thinning, I thought I'd have my hair, so there are things that I-I must have gone through, I must wear Cuban heals all the time, pay ten grand for a hair transplant when I'm 35, erm, you know I can't do it, but erm, so that, I can't change but, can I- people have got to start accepting that they can take their body to a high level...they can. There are things which they will never be able to change and they could accept that but they got to go on with it.

Jamal (22): be the better versions of themselves.

Carter (25): you know, and like, Andrew, this has just been an absolute stroke of Andrew's ego today but let's-let's just err be for real. What Andrew kind of also made me realise, and people like Helen Mirren right, they-Andrew and Helen Mirren, don't look like people who are trying to look young, they just look like really healthy glorious older people.

Jamal (22): best versions of themselves

Carter (25): And that's, I think that's a trap so many people fall into, I see so many women who do like this extensive surgery, and they don't look like they are 20 years old, they look like women with surgery. Right?

Andrew (61): I agree with that one.

Carter (25): right, so, and you know the difference. So why can't those women and these men go, you know what, I'm 60, I'm going to look like the best looking 60 year old I can be. And he

might shave a few years off, look 56, 55, but you'll look like a very glamorous beautiful old person. And I think that's what is-just a bit more acceptance.

Jamal (22): yeah I agree. 16:55.87 that's exactly, what I've basically been trying to say. I would say now, at this age, now, I want to be, ideally I want to be...

Carter (25): a handsome 22 year old yeah.

Jamal (22): and yeah, the physically the best I can be, hopefully in good shape, or when I'm 30-40, maybe if I have a bit of a podgy belly, and let myself go, I'd be happy to accept that perhaps because I know I've lived my life and I'm at an age where...

Carter (25): well you say that now but wait until you're...

Jamal (22): but then again, that's what I mean, it was a question mark because maybe I will be happy with myself, gain a bit of a belly, and thinking, I've worked hard all my life, and now I deserve to have a pina () on the beach, eat what I want...

I: so do you not think you deserve it yet? The gentleman here is obviously saying you know if he trains really hard for a prolong period of time then he deserves not to have to train...

Jamal (22): essentially yeah. Question mark, who knows? We all might try to be like Anthony. you might care about yourself more yeah.

I: do you not feel you deserve that yet?

Carter (25) (laughs): erm

I: do you think it is-it is something that is- a reward, I don't know, do you see it as a reward?

Carter (25): No I don't think it is like a mundane job I have to go to and...

Andrew (61): 18:10.34 I have my days off from my training

Carter (25): sure

Andrew (61): and erm, there are days when I think, oh yeah, I deserve a break, and I will have a break, but I don't think I'll ever stop doing what I do now, because I like the way I look, for me. I got want I wanted because-when I had my very, very first session with my personal trainer he said: what are your goals? Don't think he was quite expecting the answer he got, 'cause I said I want a good naked on the beach. He was like 'oookkayy'. Erm, but, that was just a confidence thing I embraced my-because I am pale I don't tan, I've embraced that-that doesn't bother me, erm, but I just wanted to be the best version of me. And I do have time out from it but then I get really quickly back into it, you do get into it. You do get to a point though, if you don't do it-you don't do it for a week...I'll feel guilty. You should have done that; you should have got you're a** into gear. 19:11.77 so once you set up, you set yourself up to a level and you always want to- I think you always want to maintain that,

Carter (25): yeah

Andrew (61): although I have met guys who are like 'I can't be bothered anymore' and give it up.

Jamal (22): that's what I mean yeah.

Andrew (61): you have got to be comfortable...

Jamal (22): the older you get, keep saying, it's going to get harder, it's just gets more difficult isn't it? That's why-that's why we keep on saying it. In my opinion it gets more difficult...

Andrew (61): it is harder as you get more older

Jamal (22): you've had all that physical activity, you've worked, you've got all that behind you, most people are like not as interested in the-you might be settled down perhaps, so-so what gives you that strive to go?

Carter (25): well you don't know that because you are not there yet. Listen, I-I erm, I can think about Andrew, I can think about his motivations but the other day, 25? I'm not in my 60s, I wouldn't even insult his intelligence why, trying to guess his motivations and what he feels and the struggles of what he does. Erm, you know so I am, I want to get back into gym-I want to get back into gym in a big way, and I think I will sort of do that, erm, I mean we spoke about health things I've had and that's something I know will help, erm and that's something that I'm going to do when I leave, I'm really trying to get into the gym, but erm, just a few things I want to touch on with Jamal, and that is obviously he is a boxer so he knows his training, but you seem to be believing in a lot of limiting beliefs, a lot of limiting beliefs, like 'oh-oh well your body starts to decline and 28' and that who told you that? How do you know that for a fact? 20:46.51 I read a report once...

Jamal (22): that is true-that is...yeah talk about the more general-well, we can achieve what we want to achieve so (names boxer) he won the world title like at 45, and he really looked after himself, physically. Like I think he says he only has a slice of cheesecake on his birthdays only and he still trains so obviously...generally speaking...

Carter (25): if you're not that into it, you're not that into it...

Jamal (22) he (referring to boxer) is obsessive. Slice of cheesecake once a year

Carter (25): yeah, give me a break.

Jamal (22): but generally speaking I think from 28 is the age that you see, or from my own research, footballers, boxers, depending on the sport as well, but there is-there is a decline in reaction, there's a decline in speed, longevity, there is a decline, but, you can still be at a good level though. Past that age, you can be at a good level too...

Carter (25): the biggest thing for me is...

Jamal (22): you can do anything you want to do...

Carter (25): well the biggest example for me is that we are saying all that, but Roger Federer won Wimbledon this year he's 36!

Jamal (22): exactly yeah there's athletes now-

Carter (25): and he's still beautiful playing 22:00.87 so, but he wants it!

Jamal (22): yeah if you are motivated, you can achieve it.

Carter (25):...badly

Andrew (61): that is key. You have to need to make that decision yourself, to make the choice.

I: you can want it and not achieve it, but you need to want it enough...

Andrew (61): yes

Carter (25): yes

Jamal (22): yeah

Andrew (61): absolutely, if you want to be the best version of you then you can be, then you've done it.

Jamal (22): a motivational speaker once said like, people think they want something, but-but-but, they may think it in their head, but they don't actually demonstrate that in real life, you may say I want to be a millionaire, and a great business, but your actual actions don't demonstrate-don't demonstrate that.

Carter (25): yeah

Jamal (22): so what he, he meant the analogy that when you are under water, holding your head down and gasping for breath...

Andrew (61): you want to survive

Jamal (22): you want to survive. Soon as you-soon as you are above water, sea-level, water-level, you take that air in, that's how much-how much you want it. You go for it, you do it, then...everyday life, if I wanted to do something I'm not-I'm not demon-the majority of people don't demonstrate that. If I want to be the best tennis player there has ever been, I'm going to come for it, I'll constantly have a bat, a ball in my hand, and be constantly training. Anybody can be anyone they want to be it's just that your motivations...and that resonates with bodies. If you want a certain body, you go out and you achieve it. And you can't make excuses, like a lack of gym memberships or relationships, or anything like that, if you want to do it, you will make it work. 23:26.24 I can do 12 hours a day. If you want to do it, you will fit it around, you wake-up early, you go for your run, you will healthy throughout the day, because, what people- what we've not mentioned here is diet. I'd say diet is 80% and-your body composition is 80% diet. If you trained every day for one hour, and then every week for one hour, that's seven hours of training every week, how many hours are there in a week, twenty-four times seven, whatever that is. That's how many hours there is and you are training seven of them...

I: are there any comments, concluding comments or questions that you guys have?

Carter (25): yeah the one thing I will say is there is a lot of pressure on my generation than there was...

I: what was your generation?

Carter (25): so my generation is from the millennials, generation x maybe, but baby bloomers, erm, did not have pressure that erm, we have because we are bombarded...

Jamal (22): ... how do we know that though we haven't lived that...

Carter (25): well my mum and dad-I've kind of heard from people that- would you think we are more pressurised, under a bit more pressure to look, erm, be a certain way.

Andrew (61): erm, yeah. The perception of...

Carter (61): what is physically attractive, yes.

Andrew (61): they are people who are morphed, and through the media...

Carter (25): well the thing is, people back in the 50s, you know you can just sort of, this is from my mum and dad, they-they're baby bloomers as well, you know, you would just err, everything is comparatively calmer, when-when I go home, I've had to stop doing it, I'll go on Facebook, I will see all my friends, I'll see like Steven Amell or men that I am following on social media 25.43.07 whatever, looking gorgeous, looking beautiful, in the south of France, or whatever, and my brain is constantly going why isn't that me? Why isn't that me? Why isn't that me? And now, we have to sort of have a reality check and you go you know what, it's good that they are doing that, but I am me, I'm going to need to start accepting that I am me, and that I am working in Manchester and all this kind of stuff. and if you don't-there is not enough acceptance, like-like wanting to prove people wrong, like wanting to strive for things that's fine, but you are going to burn yourself out, if you are constantly comparing yourself to others, it's-you've got no energy to be yourself...

I: is body acceptance possible? Or will we always be bothered? For example you () mentioned something a bit earlier on about 'I can't change this' or something like that, so I'll accept it, or something like that. So is it that you are accepting it or is it that you cannot do anything about it?

Carter (25): well if I really wanted to do something about it, I would work with heels all the time. And get mocked by Andrew like all the time (laughs). 26:44.37

Jamal (22): here's the thing that we've not really touched on, I'll quickly mention it in the concluding comments...but when you look at an advertisement of a model, or when you see a boxer on a weigh-in, like when they are weighing in, those people, do not look like that-DO NOT look like that all the time...

Carter (25): all the time

Jamal (22): it is physically impossible to look like that. Boxers would train three times a day 27:02.14 or come to the weigh in, three times a day for up to like 6 weeks maybe, come in to weigh in you're drained. The models, will be drained at that point-

Carter (25): or will be photoshopped!

Jamal (22): one Photoshop-ed, two dehydration-it is physically impossible to look-look in that way unless you are genetically really-really blessed. So I think on to the line of acceptance,

one we have to accept things I can't change, this can't change-this can't change, that you biologically can't change. But there's also an acceptance, having an understanding that all we can be is the best that we can be, we might not necessarily reach that, but if we strive to be that, and there needs to be an acceptance that our best may not necessarily resonate with what we see-what we see in the media. That is perhaps an impossible standard to reach.

I: most of these images in the media are in fact digitally manipulated.

Jamal (22): yeah

Carter (25): oh yeah. There's a guy who I really love and I have mentioned him earlier and I was showing (names colleague) friend, I said I would love to look like that. She just looked at that and she went, Carter, he's near death on that photo.

Jamal (22): he doesn't look like that.

Carter (25): he doesn't look like that! No he is-he's trained. It's his job. Like-like-like, all the superheroes, like Hugh Jackman and all that kind of stuff...

Jamal (22): when he is wolverine, he doesn't look like...

Carter (25): yeah, they do this shoot on this train, and he hadn't-hadn't drunk water for two whole days, to get the veins going. And not just that, his-his job, is to look like Wolverine, you know, he doesn't just like casual-like, like people look at that and go 'oh I wish I could look like that', no! Because, he gets paid, and he gets people saying, right, don't eat the broccoli, eat the broccoli...now! Right...

Jamal (22): ...so it's not even acceptance, it's an understanding that there are impossible standards that are set out, and I think-I think, my concluding comments would be that we need to achieve-need to strive to be the best versions of ourselves. And whatever motivates you-and it doesn't necessarily, necessarily have to be one motivation, it can be like an accumulation or combination of motivations for yourself, for attraction, and that's fine, but I think that's the one thing...strive to be the best version of yourself.

I: that's pretty much what has cropped up in this interview quite a bit.

Jamal (22): yeah

Carter (25): yeah

Jamal (22): the motivations that are strive you onwards are going to be, they are going to differ, in different times of your life, so, if you've just had a breakup-maybe to attract other people, if you're comfortable with yourself-you are doing it for your health, if you erm, if you are insecure, you are doing it so you can make yourself feel better so. So, there's not necessarily one right motivation, there's just an accumulation of various motivations.

I: thank you very much. I'm very grateful. I'm just going to quickly let you know what is going to happen now. I am going to transcribe this...

Carter (25): good luck

Jamal (22): oh god!

(Both Carter and Jamal laugh).

I: once it is done, erm, it will be analysed by me and my supervisors, but you guys will be fictitious names, pseudonyms. If you guys want to be called something specifically, you can tell me! Or I can find a name for you!

Carter (25): you can find one!

I: and then after that, it will be reported in my PhD thesis as well as a potential published paper. That's what has been done with one of my previous studies.

Carter (25): oh right

I: thank you so so so much!

Carter (25): you are very welcome Malik. Thank you for your coffee.

Jamal (22): thank you!

I: see you guys.

Table 6.1 *Overview of Existing Male Body Image Prevention Programs*

Authors/Facilitators	Participants	Measures	Intervention	Results of the Intervention
McCabe, Mellow and Mealey (2016) Female facilitators	118 Parents of three-to-six-year-old Preadolescent boys	Body Appreciation Scale (Avalos et al., 2005)	Educational program aimed to increase parents' knowledge of how they may influence their preadolescent boys body image. Content included defining positive and negative body image	Increases in parents perceived knowledge of preadolescent boy's body image and in parent's levels of body appreciation post-intervention. Maintained at three-month follow-up.
Stanford and McCabe (2005) Female	121 (12-13 y/o) young-adolescent boys. Melbourne, Australia.	Body Satisfaction and Body Change Inventory (Ricciardelli and McCabe, 2002). Excessive Exercise Scale (McCabe and Vincent, 2002) The Depression Anxiety Stress Scales (DASS; Lovibond, 1995). Marsh Self-Description Questionnaire 2 Demographic Information	Psychoeducation programme aim to improve body satisfaction, reduce disordered eating and health risk behaviours (muscle-related). Two, one-hour sessions (one week interval) Identifying images within magazines of the ideal male body and engaging in classroom discussions.	Increases in muscle satisfaction and self-esteem, and reduction in negative effect post-intervention. Maintained at one-month and three-month follow-up.

McCabe, Ricciardelli and Karantzas (2010)	421 adolescent boys	<p>Body Image and Body Change Questionnaire (McCabe and Ricciardelli, 2004)</p> <p>The Drive for Thinness Scale from the Eating Disorder Inventory (Garner, 1991)</p> <p>Marsh's Self -Description Questionnaire 2 (Marsh, 1990)</p> <p>The Media Influences Subscale from the Sociocultural Influences on Body Image and Body and Body Change Questionnaire (McCabe and Ricciardelli, 2001).</p> <p>Opposite-Sex Peer Relations Scale and the Self-Description Questionnaire-2 (Marsh, 1990).</p>	<p>Aim: to improve adolescent boys' self-esteem and peer relations.</p> <p>Topics covered in the sessions: individual differences; communication skills; social skills; coping skills; and a recap of sessions.</p> <p>Topics presented to students in a didactic way, using worksheets, small group discussions, role plays, group work and puzzles.</p>	No differences in results between treatment and control-group participants post-intervention.
Henderson (2012) Female	121 (young adult males)	<p>Sociocultural Attitudes Towards Appearance Scale (SATAQ-3; Thompson, van den Berg, Rehrig, Guarda, and Heinberg, 2004)</p> <p>Body Attitudes Scale (MBASL Tylka, Bergaron and Schwartz, 2005)</p> <p>Self-objectification Questionnaire (SOQ; Fredrickson, Roberts Noll, Quinn and Twenge, 1998).</p>		

		Depression Anxiety and Stress Scale (DASS-21; Lovibond and Lovibond, 1995).		
Brown and Colleagues (2017) Female	112 male 18-30 (young adult men)	<p>Sociocultural Attitudes Towards Appearance Questionnaire-3 Internalization General Subscale (SATAQ-3; Thompson, van den BerG; Roehrig, Guarda and Heinberg, 2004)</p> <p>Restraint Subscale of the Eating Disorder Examination-Questionnaire (EDE-Q; Fairburn and Beglin, 1994).</p> <p>The Male Body Attitudes Scale (MBAS; Tylka, Bergeron and Schwartz, 2005)</p> <p>Drive for Muscularity Scale (DMS; McCreary and Sasse, 2000)</p> <p>Muscle Dysmorphia Disorder Inventory (MDDI; Hilderbrandt, Langenbucher and Schlundt, 2004).</p>	Dissonance-based intervention aimed to lessen risk factors associated with eating disorders and muscle dysmorphia in men.	

Table C.6.2. *Summary of participant information*

Focus Group Number	Pseudonym	Age	Marital Status	Sexual Orientation	Ethnicity	Occupation
1	Aaron	75	Married and has	Heterosexual	Middle-Eastern	Retired
	Elijah	28	Married with one	Heterosexual	Middle-Eastern	Staff at an airport in
2	Liam	18	Single	Heterosexual	Pakistani	Staff at an airport in London
	Ethan	26	In a relationship	Heterosexual	Indonesian	Staff at an airport in London
	Lucas	28	Single	Heterosexual	Mediterranean	Staff at an airport in London
	Mason	33	Single	Heterosexual	Filipino	Staff at an airport in London

3	Carter	25	In a relationship	Heterosexual	White Caucasian	Staff in a department store in Manchester
	lamal	2222	Single	Heterosexual	Indian	
	Andrew	6161	Single	Homosexual	White Caucasian	